



# CENTAUR

*educating horse and rider as partners*

## A Peek Inside

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## Andreas Hausberger Clinic:

SEPTEMBER 2015

### Training from the Chief Rider of the Spanish Riding School

By Beverly Swanson

**“Dressage creates beauty and health in any horse.”**

And there is no denying that the Spanish Riding School creates the most beautiful, willing, dancing partners in the world, and has done so for centuries. Time-honored methods and traditions, taught to the riders within a demanding structure and rigorous oversight, ensures the continuous line of premiere Lippizaner stallions and a cadre of riders who have learned the best from the best.

Thanks to Suzie Hallé and the High Plains Dressage Chapter, Chief Rider Andreas Hausberger has returned for a second year to share his years of knowledge with us. Within his limited schedule, Hausberger has graciously included Colorado as one of his destinations for his annual trip to the United States. There are no requirements for the level of horse or rider participation, just a desire to listen, learn and perform as requested.

Each class was 30 minutes of intense scrutiny and instruction. Lessons on the Long Rein, Training/First level rides, two Young Riders, two longe lessons, and a range from Third Level to Grand Prix horse and rider pairs participated throughout the three-day clinic, with foundation basics that applied to every one.

Over the course of the three days, it became clear that Hausberger’s methods and philosophy is “dressage is for the horse, not the horse for the dressage.” This translates to:

- Relaxation through steady tempo and rhythm
- Finding the tempo and rhythm that is right for the horse and allow him to be there
- Less is more: allowing the horse to move, not nagging, over-driving, or over-using the spurs; soft hands that don’t pull or lose contact; getting out of the horse’s way, i.e. sitting still after applying an aid, letting legs “hang” with heels down, even contact, even reins



*Katherine Simard, Maestoso and  
 Andreas Hausberger*

*cont. on pg 6*

## President's Message

The show season is almost over... Some are returning to school and RMDS members are preparing for our Championships in Estes Park. Where has the summer gone...

I sincerely hope that everyone has accomplished some of their goals this year for their families and horses. We have had several shows and clinics and as we start our fall schedule please plan to attend some of the spectacular educational opportunities offered by RMDS and various chapters.

Do not forget to make time for the Board of Governors Meeting in November. The Awards Banquet will be in January to avoid overcrowding one weekend for our busy members.

I have been so very busy this summer judging, teaching, training and

actually trying to have a little fun with friends. Thanks to good friends in the RMDS community I feel that I have kept in touch with the RMDS members and their concerns. Please feel free to contact me anytime to discuss your dreams and goals for our membership.



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

Now my greatest wish is to focus and have an awesome RMDS Championship Show. So I have a request of our Chapter Presidents and all the RMDS members to help us with Sponsorships. Class sponsorships or dinner donations, advertisements etc. are needed to help RMDS put on a Grand Show of Entertainment and Prizes. Barn sponsorships, friendship groups and appreciation advertisements are all a great way to show your support.

Most of the Board Members will be in attendance at the show wearing several hats. We also need volunteers in every part of running this show. We will be providing shirts again and some other prizes for our spectacular volunteers. I sincerely hope to see you there.

*Aloha,*

*Gwen Ka'awaloa*

## Vice President's Message

What a great summer it has been for riding! The cool weather and rain have been wonderful here in Colorado these traditionally hot months.

The RMDS Board has been focused on many things, including supporting first rate clinics for trainers, adult amateurs, and young riders. There are great shows almost every weekend, and so far, the Colorado Horse Park has transferred seamlessly to new ownership. We have been ramping up our adult amateur schedule for the new year, thanks to Denise Dekrey! In addition, we have had fun events like the team competitions, where we can all dress up and enjoy some relaxed activities with our horses.

Championships is approaching, so we need to start thinking about returning to beautiful Estes Park this fall. The



*Aline Brandau with her 8-year-old black Hanoverian "Aline's Sara" out of Simply Spruce Meadows bloodline.*

management at Estes is gracious and wants our business. They are always striving to do more and have recently built new buildings to improve the

facility. Estes is one of the most beautiful places in the world to show, and Kathleen Bryan will be there to set up portrait photographs of you with your horse. RMDS will have new, fun T-shirts and jackets for sale from the marketing department (*see page 12*).

It is time to start planning the celebration! We celebrate our horses, our beautiful state, and you, our horsey friends. Please join us at Darcy's Bistro and Pub for dinner on September 10th at 6 pm. We would love to hear your ideas and make this the best Championships ever!

*Aline Brandau, JD  
VP RMDS*

## Pikes Peak Chapter

Our next business meeting is scheduled for Tuesday 1st September, 6:30 p.m., at the Olive Garden near Citadel Mall, Colorado Springs. We would love to see some new faces at our meetings, and officer positions are coming up for election in October. Please consider if you might be able to support your chapter and attend our meetings, and let us know your ideas for fun and educational events that you would like to see PPDS host.

Good luck to PPDS members who are competing at Championships this year!

*Susan Borders,  
Pikes Peak Chapter President*

## GVDS Chapter

Our second schooling show in June was full to the brim - just short of having a waiting list. We attribute our success at getting good participation in our schooling shows to several things:

First - we offer diverse classes! In this show we had a good portion of our rides in the non-traditional classes - Free-style, Equitation, Western, Gaited, Prix Caprilli and Para-equestrian classes. We had three different mules entered in this show!

Second - we were flexible so that we could encourage new enthusiasts and promote safety and confidence. We had a "first" ever junior rider who was very nervous riding her first Intro A test. We allowed her trainer to pony the young rider as this was something they had often done before. When requested we also allowed a second horse to be held or ridden next to the competition arena to help calm nervous green horses.

Third - Wonderful facilities! We have a large new competition arena with a full wall on the short end, and shaded fabric walls on one long side. The competition arena is centered within this area and all the horses seem to calm down and focus with little distraction from things going on around them

Fourth - Superior show staff and volunteers. Dee Closson our show secretary was friendly, super fast and accurate in getting scores out. She worked with rider requests and changes in a very pro-active and supportive manner. Everyone enjoyed their interactions with her and outcomes were win/win for the club and the riders. Pat White was

our show manager and she was solution-focused every time a question came up. She was tireless in helping give breaks and checking with each volunteer to make sure they didn't need any resources to do their jobs. Terry Yates our volunteer coordinator was personally thanking each volunteer and she made sure a gift was awarded each day to one randomly chosen volunteer. We also had a great judge, Beth Geier, who allowed us to be flexible. She never knew what was going to enter the arena next! We appreciated her willingness to work with all the riders and judge such different tests all weekend long.

Due to the recent rainfall we arranged to rent the second covered arena for warm up for the show. This proved to be immensely popular with all the riders. They were able to warm up in the shade and a short walk took them to the shade of the competition arena. The GVDS show committee decided to use this covered arena for the warm up for all our remaining shows for this year and for next year as well!

We are promoting participation in our Opportunity Classes in our recognized show on September 5-6. Several members are unclear about that class so we published a "How to decide" article in our club newsletter to help explain the advantages and requirements of this class.

*Arlene Rhodes,  
GVDS President*

## On The Bit

Where did summer go? As the season winds down, we are scheduling some exciting clinics as a way to build on our successes from this summer and learn and grow for next year's show season. Stephanie Soule, 'L' judge from Grand Junction, will be in Laramie this fall for a clinic. Stay tuned for dates and more information. The club is hosting a Working Equitation clinic October 24-25 with Jennifer Holroyd. We will have a clinic Saturday and a ride-a-test Sunday. If you're interested in learning more about working equitation, or testing your skills in a test-type environment, this will be a great opportunity. We have also scheduled a clinic with Kristi Wysocki for April 23-24, 2016. This will be a wonderful opportunity to ride with an FEI 3\* judge and a talented clinician. If you're interested in participating, watch our website: [www.onthebitdressage.com](http://www.onthebitdressage.com) for more information.

*Jessica Ford,  
On The Bit Chapter President*

*cont. on pg 4*

## NCDA Chapter Report

A lot of NCDA members are showing this year. It was nice to have the Autumn Hill shows so close to home! Looking forward to cooler temps in Estes Park.

Our Western Dressage clinic in July was very informative. Frances Carbonell did a great job explaining 'dressage' to western riders who were new to the discipline. They seemed to really enjoy the experience. We're hoping to see some of the riders at our fall show. There will be 'Western Dressage Classes'. Thanks Didi DeKrey for putting the clinic together!

Speaking of our fall show..... It will be on October 18th at Tomora Training Center in Greeley. Please put it on your calendar! This year the show will be a fund raiser for 'Hearts and Horses Therapeutic Riding Center'. We're hoping to help raise money for a new 'child size dressage saddle'. We will have information on display about how they continually help heal through a connection with horses. Thanks to 'Happy Horse Tack' there will also be tack items available to purchase at a discount and donate

directly to 'Hearts and Horses'. We hope you'll attend and help support this wonderful group! I'll be sharing videos and photos on our Face Book page over the next couple of months.

The Oct. 18th show will also be the last opportunity for NCDA members to earn points toward our year end awards. The perpetual trophies are beautiful and will be awarded at our Christmas Gala! Photos to come on the Face Book page. If you haven't 'liked' NCDA's page, please do, it will keep you up to date on what's happening.

Our regular monthly meetings will pick up again in September. It might be fun to have a potluck at one of our members homes. Will let you know the date, time and place.

Elections are coming up in November and positions are available on the RMDS Board as well as NCDA! What a good opportunity to get involved and help make decisions involving our dressage community! Feel free to contact me or any other NCDA board member if you have a question.

*Renee Martig*  
NCDA President

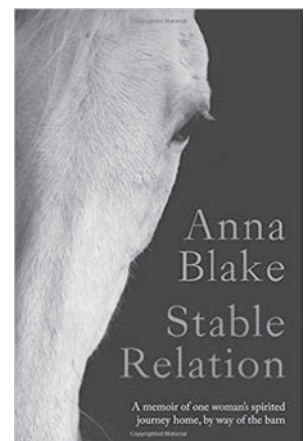
## Book Review


Looking for a great read complete with horses, dressage, dogs, donkeys, goats, and even, yes, llamas?

Anna Blake's memoir, **Stable Relation**, is a warm, sometimes humorous, sometimes heart-rending tale of a woman's journey to find herself on a farm on the high plains of Colorado. For anyone who keeps their own horses, and for anyone who dreams of a life closer to the earth, Anna's story will bring you right to the heart of the pioneer woman in us all.


Well written in a wry, at times bittersweet voice, you'll have more than one moment of tears, but Anna's love for her animals, both domestic and wild, will warm your heart and give reason to thank your own "herd."

*Available on Amazon.com*





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## Carol Lavell Gifted Memorial Fund

### Scholarships for Adult Amateur Riders

This Fund was seeded with donations received in special remembrance of Carol's great dressage horse, Gifted. Many other friends of The Dressage Foundation have added donations and the Scholarship Fund has grown steadily over the years. This Scholarship enables Adult Amateurs to set aside quality-time, in concentrated training away from the daily pressures of job and family, with a horse the recipient owns or formally leases (as documented by USDF or USEF paperwork).

Up to nine \$1,000 grants are available each year (one in each USDF Region), plus two additional \$1,000 wild card grants (which can be awarded in any Region).

The objective of the Gifted Fund is to enable the adult amateur rider to set aside time to work with their horse(s) and a trainer of choice. The recipients will be able to spend a week or more just to bond with their horse; to have the time to feed them, graze them, give them a spa bath, or just stand around in the stall with them, and to give the rider and horse concentrated time with a trainer.

### Gifted Scholarship Guidelines:

This scholarship is meant for the adult amateur to have the opportunity to be in an extended training situation that is not readily available during the course of your daily pattern. We do not intend this concentrated time to include clinics, camps, or symposiums. The model we look for is a training program of 5-7 consecutive days, with the same trainer, with your teammate horse!

- Applicant must be a member of a United States Dressage Federation Group Member Organization (GMO).

- We are looking for thinking riders, with strong volunteer background. Volunteer work is to be dressage related, first for your GMO, secondly for your region.

- We look for riders who want to work on their riding in a situation that is normally unavailable to them because of their other obligations. We encourage the rider to work with a trainer with which they have a working history.

- The recipient must own or lease the horse he/she would use for training. The lease must be documented with USDF or USEF.

**Applications are due on or before September 15th of each year.** Grant announcements will be made by December 31st.

Each year The Dressage Foundation receives a larger number of applications for this Scholarship. In order to give this opportunity to as many new Adult Amateurs as possible, we award the scholarship only once to a recipient.

## USDF Announces New Youth Recognition Program

*Lexington, KY* - The United States Dressage Federation is pleased to announce the new USDF Youth Dressage Rider Recognition Pin Program, which will take effect on July 1, 2015. This program will recognize the accomplishments of youth dressage riders in not only dressage, but also in academics, volunteerism, and equestrian education. Students who are currently enrolled in grades six to twelve of a middle/high school or home school program, and are current USDF Group or Participating Members, are eligible to enroll. The program year runs July 1 through June 30, and pins can be earned in each year of enrollment. In order to earn the recognition pin, participants will be required to submit two dressage scores of 60 percent or higher at any level, maintain a 2.5 GPA, record 16 hours of equine related education, and complete 20 volunteer hours each year.

USDF Youth Programs Committee Chair Roz Kinstler explained, "With more and more youth participating in dressage at all levels, we think it's important to acknowledge their dedication to the sport. This award is designed to recognize these riders regardless of their level of expertise, and reward them for their efforts both with their involvement in dressage and in their community."

For more information about this or other youth programs and offerings, visit the USDF website at [www.usdf.org](http://www.usdf.org), e-mail [youth@usdf.org](mailto:youth@usdf.org), or contact us by phone at (859) 971-2277.

## Trophy Return

Trophies can be returned to the show office at RMDS Championships. Remember, trophies need to be returned in person. If you cannot bring them to championships or find someone to bring a trophy for you, please email [lemons\\_shannon@yahoo.com](mailto:lemons_shannon@yahoo.com). All trophies must be returned by October 1!!!!

# Hausberger Clinic *cont. from cover*

- Expect the horse to be sharp to the aid, then leave him be
- Reward and praise often for allowing us the honor of being on his back

Hausberger was both tactful with and demanding of the riders. When given a command to perform, it was expected that the rider respond immediately. If a rider had trouble getting something correct, he repeated the command, sometimes over and over, until the rider responded correctly. (An example: a First Level rider was told to “let her legs hang.” We all know this can be a physical challenge, and having Andreas repeat the phrase – not harshly, just insistently – resulted in the rider getting the desired result through her deeper seat. Her horse immediately rewarded her with relaxation, suspension, and a lovely tempo and rhythm.)

Many of the classes included the same exercises, designed to demonstrate where the horse and rider were with their collection, their flexion, and their ability to activate the haunches:

1. A good, medium walk with rhythm and stride.
2. Shoulder-in on the rail, Half-pass to the center line
3. Spiral in from the 20-meter circle at collected canter, spiral out at , send forward at medium canter

The use of the rail was important for several movements: the shoulder-in, the passage, and the piaffe, and the two long-rein lessons. When schooling the piaffe and passage, Hausberger worked on the inside, asking for just a few correct steps and then stopping and rewarding the horse with a sugar. (Andreas carries a small bag of sugar cubes with him and supplies them liberally to each horse upon completion of a “try,” always accompanied by much patting and praise.) He cautioned all about the use of a ground person using a whip to assist, stating that it takes much training and a keen sense of timing to help the horse to learn, not to build tension and ruin the movement for the horse. Watching him as he schooled, the subtleties of body language used showed why this is important. He positioned himself at the horse’s shoulder facing

back, opening his own shoulders to the horse and leaning backwards as he walked. The horse did not feel pressured and could attempt the movement without tension.



*Rapt auditors at clinic*

This was a theme throughout the clinic, whether it is finding the horse’s natural rhythm and tempo at each gait, not over-riding or over-driving, not nagging or “cramming” with the legs, neither pulling on the reins nor dropping the contact. The horse needs to be allowed to perform, not pressured into it.

A few horses in the clinic were being ridden behind the vertical, prompting Hausberger to ask the riders to keep the horses’ carriage “up” and allow the neck to come out. He

pointed out that when you shorten the front of the horse, you lose the haunches. He suggested allowing the horse’s neck out, going long and low while keeping a relaxed and even tempo and rhythm, then coming back on the bit in an uphill carriage.

## **Longe Lessons**

Two riders took advantage of the Spanish Riding School tradition of starting all of their elever (students) on the longe line – a practice students are required to perform for 30 minutes every day for 3 years and then revisiting for their duration with the School. Star Hughes was hired to be the “longe-er” with her vaulting horse while the Chief Rider conducted the lesson. Kudos to Olga Hendrickson and Jacque McIntyre for their courage and strength to do this, especially in front of an audience!

On the longe, riders were instructed to place their hands in riding position: hands in a fist, held just above and slightly in front of the withers and one fist apart. Hausberger had them raise their arms above their head, to the side, in front, then even tougher, hold the back of the saddle and click their heels together above the horse’s neck, then hold the front of the saddle and click behind over the horse’s croup. Both Olga and Jacque were incredible, showing a strong balanced seat through all transitions, and we all saw why a strong engaged core is so important. Then at the end of the lesson, Andreas taught them how to dismount in the manner of the SRS riders: grab the front of the saddle, swing both legs together over the horse’s back, then swing them down together to land. Excellent!

*cont. on pg 7*

## The Long Rein

Frances Carbonnel and her Andalusian stallion, Fino, participated all three days in the long rein, as did Karen Oberlohr and her Andalusian/Welsh /miniature cross stallion, Milo. Both women were looking to improve their techniques, so they switched back and forth between working their horses and having Andreas demonstrate for them. The long rein is an art unto itself, and for those interested in learning more, contact Frances and Karen.

## Conclusion

This was an extraordinary clinic for all of us, riders and auditors alike. The wealth of knowledge and advice Hausberger imparted are far too lengthy to cover here. Suffice it to say, there is no comparison for the classical training of dressage from a living Master.

*First of all, thank you so much for a great clinic! I truly enjoyed it. Mr. Hausberger was a wonderful clinician and I truly enjoyed my lesson with him. He was clear, informative, and at times quite funny, making for a very productive session. As a young rider, I feel so lucky to have these opportunities to learn from international trainers from such a prestigious riding academy and give many thanks to Suzie Hallé, High Plains Dressage and all of the clinic coordinators! - Michaela Schenk*

*My biggest take away from this years clinic was how important TRULY following the horse's back muscles with the seat is. After many lessons I have felt like I have needed to get stronger, work out more, eat better etc. But I finally felt really letting the seat follow the back and then at the other end of the spectrum the full application of the half halt. I have been spending way too much time riding in the middle of that spectrum! If I truly follow and feel the horse's back muscles working, I don't need more strength, I need to focus on timing! It is always such a pleasure to ride with this man on a wonderful Lipizzan! - Kathy Simard*

*The biggest things I got out of the clinic were to slow my aids for the one tempis, and ride them more in front of me, and to be a lot more subtle in my aids for the piaffe and passage, and especially for the transitions between them. - Julie Burt*

*Milo, a 10 year old 1/2 Miniature and 1/2 Andalusian stallion, measuring only 44 inches, was definitely a more "unique" participant at this year's fabulous Andreas Hausberger clinic. We arrived with high hopes of diving into the ancient wisdom of the "Lost Art" of Classical Long-Lining. What an incredible opportunity to work with one of the world's most experienced and finest long-lining experts, Andreas Hausberger.*

*We went home just beaming with inspiration! Thank you from the bottom of my heart, Suzie and High Plains Dressage Chapter, for including us. With the incredible personal touch and love, you created an unforgettable event. - Karen Oberlohr*

## Thanks to the Event Sponsors and Coordinators

### **Suzie Hallé, High Plains Chapter Vice President**

Suzie is an AA Bronze, Silver and Gold Medalist, US Dressage Finals 2014 9th place finisher at Grand Prix in the first year she and her horse Tennyson-ISF, whom she started from Training level, competed at Grand Prix. After being the first North American to train at the Spanish Riding School through the Dressage Foundation / Dreitzler Grant, this is the second year Suzie has brought Andreas to Colorado to continue her study and training of his classical teaching methods.

### **Olga Hendrickson, High Plains Chapter President**

Olga formerly served on the HP board as Treasurer, and is now President of High Plains. She is a Bronze Medalist and US Dressage Finals 2014 5th place finisher in the 3rd Level Freestyle, with her horse Carolo. This is the second year Olga helped organize the clinic.

### **Sheila McCabe, High Plains Chapter Secretary**

Sheila is serving in her 2nd year as Secretary of High Plains, and has 25 years of experience as a dressage rider and competitor. She currently owns two horses whom she keeps on

cont. on pg 8

# A Young Rider's First Clinic: "Go Large!"

Meet Summer LaDeau, an up and coming Young Rider with a dedication to dressage that is exciting to witness. Although Summer had been riding Western as long as she can remember, about four years ago her 4H leader, Margie McNew, enticed her to try English and dressage, and she hasn't looked back since.

Margie introduced Summer to Julie Burt, 'L' graduate and USDF Gold Medalist, who took her under her wing. When Julie graciously donated a spot riding in the Hausberger clinic - along with her Grand Prix horse Percy - Summer says "I jumped on it!"

As the first dressage clinic she has attended, Summer says, "At first, it was a little scary, and hard to understand the instructions. Plus it was the first time I'd ever ridden Percy. But I learned so much it was crazy! I've been working on everything I learned ever since the clinic, and both Julie and Margie tell me I've improved so much."



*Summer LaDeau riding her mare Cass*

Summer has already completed the requirements for the USEF Equestrian Athlete Lettering Program, which is open to equestrian athletes in all breeds or disciplines who are currently members of USEF or become USEF members. Students participating in the program must record 100 hours of riding or training and three competitions of any level or type to complete the requirements for that year.

## Thanks *cont. from pg 7*

her property. Sheila formerly owned "2 Horses and A Fly" tack shop, she is an interior designer, graduate of the Escoffier School of Cooking, and currently a practicing professional in end of life care. As the caterer for the event, Sheila provided exquisite and delicious luncheons and refreshments.

### **Terri Baker and John Jancik, Owners of Stellar Stables**

Thanks for their generous donation of the use of Stellar Stables for the clinic for the second year, and the creation of a Hausberger Clinic scholarship fund to assist a future rider with the clinic fee.

The program runs from June 1-May 31 of each year and honors those who document their training and competition involvement by awarding emblems and pins.

Now a junior in high school, Summer plans on retiring her current competition mare and breeding her. While she waits for the foal to arrive and hopefully become her next dressage prospect, Julie Burt is allowing Summer to train and ride one of her young horses.

"I'm currently working him at Training Level, but my goal is to ride Second Level by next year, and get my Bronze medal by the time I graduate."

"I want to thank Margie McNew for being my friend and mentor and encouraging me to try something new. Margie introduced me to Julie, who I want to thank for not only allowing me to use her amazing horse Percy and thinking of me when a spot came in for the Andreas clinic, but also for letting me train one of her horses. Without her help and dedication I wouldn't have had the chance of going to that clinic and I wouldn't have a horse to continue my training on. Each time I take

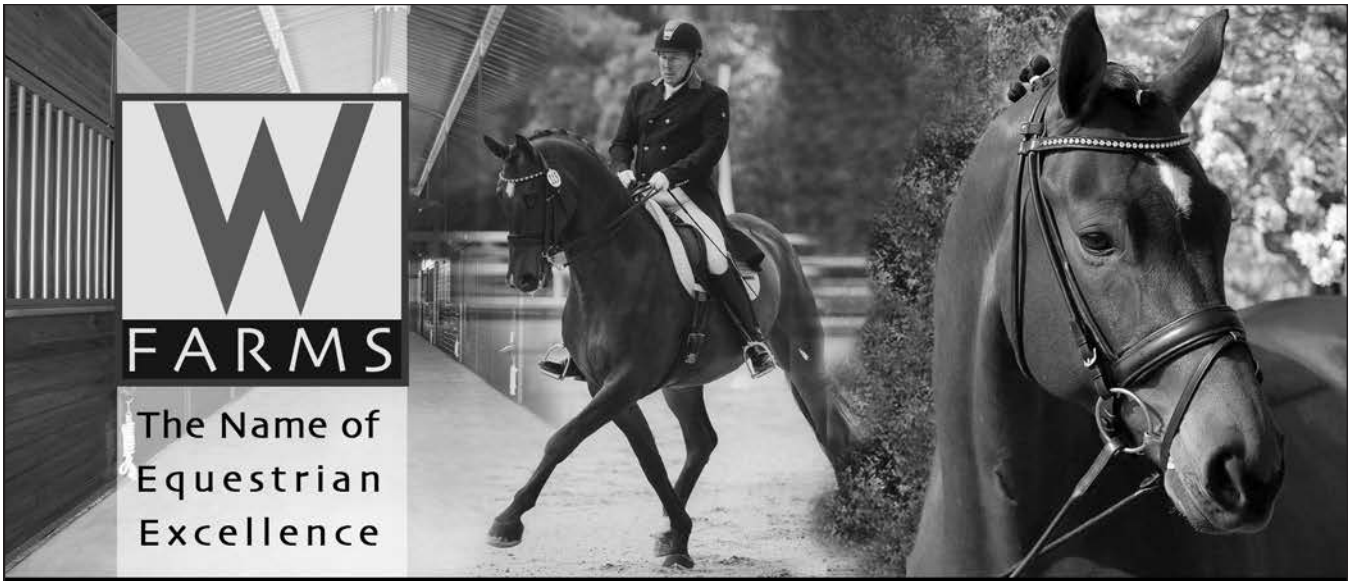
a lesson with Julie she tells me that I can do anything, and hearing that from a Grand Prix rider gives me the confidence to become a better rider and trainer."

Her takeaway from the whole experience? "I got to ride Percy at piaffe and passage - the coolest feeling ever! AND I learned what 'go large' means."

Watch for Summer in competitions to come, she is one of our new shining stars in RMDS.



*High Plains Board Members with Andreas (L-R): Olga Hendrickson, Suzie Hallé, Andreas Hausberger, Wendy Cibis, Sheila McCabe*



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**CLASS SPONSORSHIPS**

*RMDS Championship Class - \$100 (add a business card ad in Championships Program for \$15 more)*  
*Open Class - \$50*

*Special Award - \$75 (can be anything you'd like: Best Dressed, Best Braiding, Sportsmanship, etc.)*

- Listed on RMDS website Sponsors page
- Listed in Championship Program
- Name announced as sponsor of class

**MORE OPPORTUNITIES**

*Packet Inserts - \$50*

- Company marketing literature inserted in competitor packets
- Listed on RMDS website Sponsors page

*Banner Space (2) - \$150*

- Displayed on grounds for duration of event
- Listed on RMDS website Sponsors page

*Golf Cart - \$175*

- Decorate a golf cart used throughout the show
- Listed on RMDS website Sponsors page

*T-Shirt Branding-\$250*

- Print your company logo on the 2015 Championship Volunteer T-shirt



**ADVERTISE IN THE 2015 RMDS CHAMPIONSHIPS PROGRAM**

**Advertiser Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

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**Email:** \_\_\_\_\_ **Fax:** \_\_\_\_\_

Show Program Size: 8 5" x 11" – All ads prices below are for Black and White unless otherwise stated. If you are interested in additional pricing for color ads not listed, please call Heather at 719-648-3164. Ads must be formatted as PDF, GIF, or JPG and emailed by September 8, 2015 to slush@drwg.net.

<b>Ad sizes</b>	<b>Ad Dimensions</b>	<b>Price</b>
Inside Front Cover Color	7.5" x 10"	\$275
Inside Back Cover Color	7.5" x 10"	\$275
Outside Back Cover Color	7.5" x 10"	\$275
Full Page Color	7.5" x 10"	\$190
Full Page BW	7.5" x 10"	\$130
Half Page BW	7.5" x 4.75"	\$ 90
Quarter Page BW (Horiz only)	3.75" x 4.75"	\$ 60
Business Card	3.5" x 2"	\$ 40
Center Page Color	7.5" x 10"	\$250 (limited availability)

*\*All Championship Show Sponsors receive a 10% discount on Advertising*

**Please Note:** You **MUST** mail this Show Program Ad Rates form with Full Payment or your ad will not be published. It is recommended that you make a copy of this form, when complete, for your records.

Indicate Advertisement Type/Size/Price Here:

---

Make Check Payable to: **RMDS**

Camera Ready Artwork must be received, with payment, by September 8th

Mail form, payment, and/or donation to:

Heather Petersen  
22750 County Road 37  
Elbert, CO 80106

Any questions? Call 303-648-3164 or email slush@drwg.net

# RMDS 2015 Championships News

## New RMDS Apparel!

Show your pride with the new updated RMDS branded clothing choices. All of these will be available at Championships, but we have a limited number of each in limited sizes. If you would like to order NOW, please contact the Central Office at 720-890-7825, email: [rmds@indra.com](mailto:rmds@indra.com)



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



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



*Sleeveless Polo in Navy - \$25  
White RMDS Logo*

## From Show Management

Hope everyone has had a wonderful show season and is planning on joining us for the upcoming RMDS Championships September 17-20, 2015. Entries opened Monday, August 18th!

We have a few things to update everyone regarding schooling schedules so you can plan your arrivals accordingly.

The Championship Rings (Rings 1 & 2) will be open only during the following times for schooling before the start of the competition:

Wednesday 11 AM - 5 PM

Thursday 8:30 AM - 1 PM

Additional schooling may be available on Thursday from 2pm - 5pm weather dependent but that decision will not be made until 1 pm Thursday. We will do everything we can to offer as much schooling as possible, but we also would like to be able to offer the best footing possible. All schooling times are subject to weather conditions each day but we will work to provide the best we can.

## Thank Your Supporters!

Would you like to say "Thank You!" to someone who helped you in your efforts?

Beverly Swanson, Centaur Editor and Championships Liaison, is again offering free ad design for anyone placing an advertisement in the RMDS 2015 Championships Program. Email her with your request to: [CentaurPublisher@gmail.com](mailto:CentaurPublisher@gmail.com)

## Juniors/Young Riders

Aline Brandau, Julie Barringer-Richers, Joan Clay and several others will be meeting to plan for a special party/get-together at the RMDS Awards Banquet this year. Anyone interested is welcome to come, contact Aline for details.

## Trophy Return

Trophies can be returned to the show office at RMDS Championships. Remember, trophies need to be returned in person. If you cannot bring them to championships or find someone to bring a trophy for you, please email [lem-ons\\_shannon@yahoo.com](mailto:lem-ons_shannon@yahoo.com). All trophies must be returned by October 1!!!!



## Aim Higher and Achieve More with ANDRIA ALLEN

Now is the time for your *DREAM HOME* in your *DREAM LOCATION!*  
 Many factors are creating the best move up market in decades.  
 Make this your time.

### NEW LOWER PRICE!



#### 5828 BLUFF LANE, LOVELAND

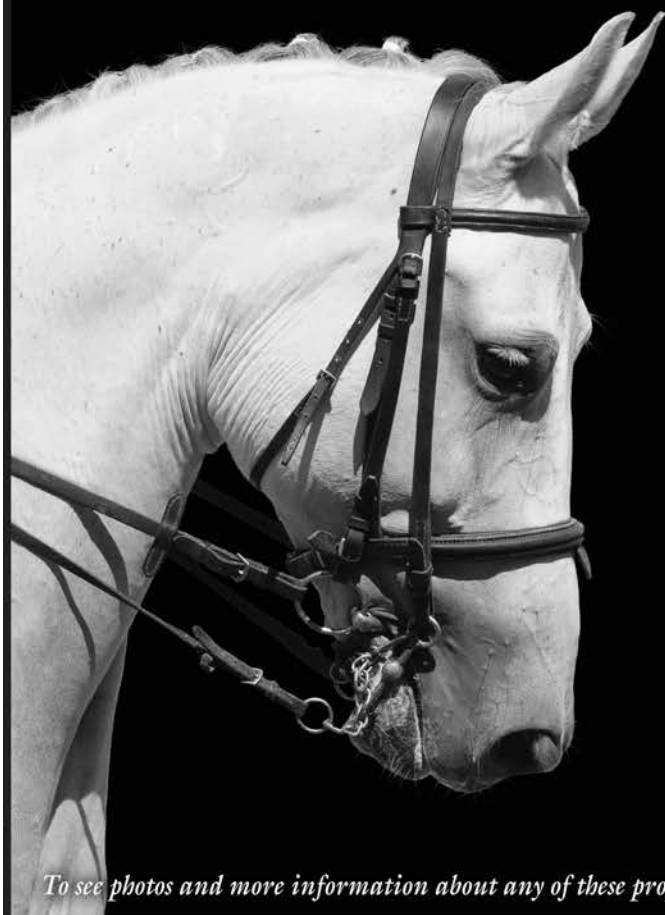
NEW PRICE: \$899,000 For the perfectionist—this immaculate, custom home resides on 6.5 acres, 3 beds, 3 baths. For the horse owner enjoy the 4 stall barn, corral and pasture. For the hobbyist there is the heated shop and RV garage.



**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](http://www.andriaallen.wordpress.com)



### 163 ACRE RANCH!



#### 10135 N. 75 STREET, LONGMONT

163 acres, three building lots, executive home, guest house, shop, pond, views!  
 Two properties totaling 163 acres:

**73 acres** with with two building lots surround the Clover Basin Reservoir. PRICE: \$1,500,000

**90 acres** with home, guest house, shop, water rights, and one additional building lot. PRICE: \$4,900,000

For a virtual tour, visit [www.realvideotour.com/VT10135](http://www.realvideotour.com/VT10135)

### NEW LISTING!

#### 7581 NIMBUS ROAD, LONGMONT

MLS #759327 PRICE: \$2,300,000

57 +/- acres along with 97 shares of Left Hand irrigation water. Water tap on property. Bordered by Left Hand Creek to the north. Ag zoned, no conservation easement.

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

[www.AndriaAllen.com](http://www.AndriaAllen.com)



**303-810-8375**



## Shows and Events

All shows are RMDS recognized except schooling shows.

### RMDS CALENDAR

#### SEPTEMBER 2015

- 4 Western Dressage-Grand Valley Fall Show-Grand Junction, CO**  
Contact Arlene Rhodes 970-201-1779 skypony@aol.com
- 5-6 Grand Valley Fall Show-Grand Junction, CO**  
Contact Arlene Rhodes 970-201-1779 skypony@aol.com
- 6 Foothills Last Chance Show-Table Mountain Ranch-Golden, CO**  
Contact Jan Danis 505-490-2805 jandalusian@gmail.com
- 12 Triple Creek Dressage Schooling Show Series-Longmont, CO**  
Contact Lynn McChesney 303-444-4291 lynntriplecreek@gmail.com
- 12 Shiloh Ranch Schooling Show-Black Forest, CO**  
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 12 Dressage/Jumping Schooling Show-Crossroads Equestrian Center at Whispering Winds Farm-Monument, CO**  
Contact Mary Hall mark – 719-488-0333 – painthorse50@msn.com
- 13 Dressage Schooling Show-Plane View Farm-Erie, CO**  
Contact Lauren Gueswel 303-532-9381 www.planeviewfarm.com
- 17 X Halt Salute RMDS Show -Estes Park, CO**  
Contact Heather Petersen 303-648-3164 slush@drwg.net
- 17 RMDS Sport Horse Championships-Estes Park, CO USEF**  
Contact Heather Petersen 303-648-3164 slush@drwg.net
- 18-20 RMDS Championships-Estes Park, CO USEF**  
Contact Heather Petersen 719-683-8435 slush@drwg.net
- 26-27 Anne Howard Clinic-Windswept Farms-Black Forest, CO**  
Contact Elaine Haberman 719-495-7004 www.windsweptfarms.net

#### OCTOBER 2015

- 3 Triple Creek Dressage Schooling Show Series-Longmont, CO**  
Contact Lynn McChesney 303-444-4291 lynntriplecreek@gmail.com
- 3-4 Christoph Hess Symposium for RMDS Professionals-Closed**  
Paragon EquestrianCenter, Berthoud,CO  
Contact RMDS Central Office 720-890-7825 rmds@rmds.org
- 5 Christoph Hess Clinic-Open to everyone**  
Paragon EquestrianCenter, Berthoud,CO  
Contact RMDS Central Office 720-890-7825 rmds@rmds.org
- 10 Dressage/Jumping Schooling Show-Crossroads Equestrian Center at Whispering Winds Farm-Monument, CO**  
Contact Mary Hall mark – 719-488-0333 – painthorse50@msn.com
- 10-11 Grand Valley Schooling Show III-Grand Junction, CO**  
Contact Arlene Rhodes Arlene@skypony.org
- 18 NCDA Hearts & Horses Benefit Fall Schooling Show-Tomora Training Center-Greeley, CO**  
Contact Didi DeKrey 970-222-3104 denisedekrey@gmail.com
- 16-18 USDF/Great American Region 5 Championships-Scottsdale, AZ**
- 25 Dressage Schooling Show-Plane View Farm-Erie, CO**  
Contact Lauren Gueswel 303-532-9381 www.planeviewfarm.com
- 31-Nov 1 USDF L Program Final-Deep in the Heart of Texas-Houston, TX-Closed**  
Contact Heather Petersen 303-648-3164 slush@drwg.net

#### NOVEMBER 2015

- 6-9 USDF Natl Championships-need to qualify through Regionals**

#### JANUARY 2016

- 9-10 USDF "L" Program Session A-Central AZ Dressage Academy-AZ**  
Contact Dorie Vlatten Schmitz 480-580-0645 dvschmitz@msn.com

#### FEBRUARY 2016

- 20-21 USDF "L" Program Session B-Central AZ Dressage Academy-AZ**  
Contact Dorie Vlatten Schmitz 480-580-0645 dvschmitz@msn.com

#### APRIL 2016

- 16-17 USDF "L" Program Session C-Central AZ Dressage Academy-AZ**  
Contact Dorie Vlatten Schmitz 480-580-0645 dvschmitz@msn.com

#### JUNE 2016

- 4-5 USDF "L" Program Session D1-Parker, CO**  
Contact Dorie Vlatten Schmitz 480-580-0645 dvschmitz@msn.com

#### AUGUST 2016

- 6-7 USDF "L" Program Session D2-Parker, CO**  
Contact Dorie Vlatten Schmitz 480-580-0645 dvschmitz@msn.com

#### SEPTEMBER 2016

- 15 RMDS Sport Horse Championships-Estes Park, CO USEF**  
Contact Heather Petersen 303-648-3164 slush@drwg.net
- 16-19 RMDS Championship & Region 5 Championships Estes Park, CO USEF**  
Contact Heather Petersen 303-648-3164 slush@drwg.net

#### OCTOBER 2016

- 1-2 USDF "L" Program Final-Burbank, CA**  
Contact Dorie Vlatten Schmitz 480-580-0645 dvschmitz@msn.com

**EXECUTIVE BOARD MEETINGS – open to all-2nd Thursday of the odd months-6:30 pm. Contact RMDS Central Office for location For updates to the calendar, check the website at [www.rmds.org](http://www.rmds.org)**

## Trophy Return

Trophies can be returned to the show office at RMDS Championships. Remember, trophies need to be returned in person. If you cannot bring them to championships or find someone to bring a trophy for you, please email lemons\_shannon@yahoo.com. All trophies must be returned by October 1!!!!

## SHOW MANAGERS & SHOW SECRETARIES

Wonderful booklet of "How To" information.  
\$30, postage included.  
Contact RMDS Central Office  
(720) 890-7825

*If you would like to write about your Chapter Show, please send report and pictures to CentaurPublisher@gmail.com*

## RMDS BRIDLE TAGS MAKE GREAT GIFTS!

Only \$50 for 2  
Contact RMDS Central Office  
(720)890-7825

**For updates to the calendar, go to the website: [www.rmids.org](http://www.rmids.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 pm**

Contact RMDS Central Office for location

## 2015 Omnibus Corrections

Page C-5	September 5-6 arlene@skypony.org
Page C-7	September 4 arlene@skypony.org
Page C-27	Boulder Valley Ride-A-test: Judge Kathleen Donnelly
Page C-31	June 13-14: Judges: Jennifer Rorh, 'S' CA and Creeky Ralston 'S', CA
	July 11-12: Judges: Beverly Rogers 'S' AZ, Dinah Babcock 'S' TX
Page C-55	Foothills Last Chance Show- Secretary: Didi DeKrey - 10318 Miners Lake Road - Ft Collins. 80524

## 2015 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.....	Aline Brandau.....	720-323-0578 .....	alinebrandau@gmail.com
Secretary .....	Nina Felsenthal .....	530-515-8986 .....	ninafelsenthal@gmail.com
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 .....	rmds@indra.com
Communications.....	Kerry-Louise Boucher .....	719-321-7014 .....	sandhillspeaches@gmail.com
Centaur Editor.....	Kerry-Louise Boucher .....	719-321-7014 .....	sandhillspeaches@gmail.com
Centaur Production.....	Beverly Swanson .....	720-401-0357 .....	bj@piaffedesign.com
Advertising.....	Central Office.....	720-890-7825 .....	rmds@rmds.org
Omnibus Production .....	Nicole Bizarro.....	303-939-0110 .....	nicbiz@indra.com
Webmaster .....	Michael Petersen.....	719-683-8435 .....	webmaster@rmds.org
Constitution, By-laws.....	Central Office.....	720-890-7825 .....	rmds@indra.com
Education.....	Jon Haugen.....	970-217-7820 .....	defiancesport@q.com
Junior/Young Riders.....	Julie Burt.....	720-347-8084 .....	greeniemtn@msn.com
Junior Clinics .....	Julie Haugen .....	970-290-8360 .....	defiancesport@q.com
Marketing .....	Aline Brandau.....	720-323-0578 .....	alinebrandau@gmail.com
Membership/Horse Registration .....	Central Office.....	720-890-7825 .....	rmds@indra.com
Nominating.....	Olga Hendrickson .....	720-556-4852 .....	olgahendrickson@gmail.com
Professional Trainers/Riders .....	Simone Windeler.....	719-287-2040 .....	simonedressage@gmail.com
RMDS Show Liaison .....	Beverly Swanson .....	720-401-0357 .....	ShowLiasionRMDS@gmail.com
Scholarship .....	MaryJo Hoepner .....	719-495-3648 .....	scholarship@rmds.org

## APPOINTED COMMITTEES

Banquet .....	Laura Speer .....	970-330-7233 .....	Riversidestables_evans@yahoo.com
Nominating.....	TBA		
Western Dressage Liaison.....	Frances Carbonnel.....	720-979-3120 .....	classicallegacy@aol.com

## RMDS CENTRAL OFFICE

Insurance, Show Standards .....	Central Office.....	720-890-7825 .....	rmds@indra.com
Registration Officials and Show Standards .....	Central Office.....	720-890-7825 .....	rmds@indra.com
Scheduling.....	Central Office.....	720-890-7825 .....	rmds@indra.com

## CHAPTER PRESIDENTS

Arkansas Valley.....	Beth Hart .....	719-821-9354 .....	bethhart7@gmail.com
Boulder Valley .....	Robin Gay .....	303-516-1917 .....	blondie17536@yahoo.com
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.....	Olga Hendrickson .....	720-556-4852 .....	olgahendrickson@gmail.com
Northern Colorado .....	Renee Martig.....	970-278-0500 .....	silverpony@friei.com
On the Bit Dressage.....	Jessica Ford.....	307-797-2478 .....	aprilscomet97@yahoo.com
Pikes Peak.....	Susan Borders.....	719-740-1099 .....	Susan.e.borders@gmail.com
Platte River Dressage.....	Laura Speer .....	970-371-2934 .....	riversidestables_evans@yahoo.com
Wasatch Mountains.....	Sally Shaffer .....	435-655-3323 .....	sshaffer4@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 JRYR Coordinator ..... | Joan Clay..... | 970-420-0887 ..... | jnclay@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: 3rd Tues. of the month, location: Mesa Mall Community Meeting Room 6:30pm 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

Wasatch Mountain: location TBD, Sally Shaffer 435-640-8797

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 2015 may be variable, please check the calendar or the website. Contact the RMDS Central Office for location.

# 2015 RMDS-SPONSORED EDUCATIONAL EVENTS

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

Sept 17	X Halt Salute RMDS Show-Stanley Park Fairgrounds-Estes Park, CO
Sept 17	RMDS Sport Horse & USDF Breeders' Championships-Stanley Park Fairgrounds-Estes Park, CO
Sept 18-20	RMDS Championships-Stanley Park Fairgrounds-Estes Park, CO
Oct 3-4	RMDS Trainers' Seminar-Paragon Equestrian, Berthoud, CO Christoph Hess-closed-open to professional riders only
Oct 5	RMDS Seminar with Christoph Hess-open to everyone to audit-Paragon Equestrian Center, Berthoud, CO
Oct 31-Nov 1	USDF "L" Final (closed) - Katy, Texas - Great Southwest Equestrian Center

### ***For details on these and other RMDS events:***

- Contact the Education Chairman: education@rmds.org
- Read the Centaur
- Go on the website - www.rmds.org
- Contact the RMDS Central Office 720-890-7825 rmds@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 7th of the month prior to the month of publication, i.e. January 7th for the February edition. If not received by the deadline, articles and ads may be placed in the following issue, if not time sensitive.

### CONTACT INFORMATION

For article suggestions, articles, columns, letters-to-the-editor: RMDS Office, Beth Geier, 2942 Park Lake Dr., Boulder, CO 80301, Phone: 720.890.7825, email: [rmds@indra.com](mailto:rmds@indra.com)

### ADVERTISING

RMDS Office, Beth Geier, 2942 Park Lake Dr., Boulder, CO 80301, Phone: 720.890.7825, email: [rmds@indra.com](mailto: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](mailto:rmds@indra.com), and cc the electronic copy to [nicbiz@indra.com](mailto: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](mailto: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](mailto: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 \$2.00. If emailed to you, they are free. Request a new one by mailing the Central Office at [rmds@indra.com](mailto: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

**FEI PARA Dressage 4\***  
Kristi Wysocki ..... 303-648-9877

**FEI 3\***  
Sandra Hotz ^ ..... 303-817-2030  
Anita Owen ..... 303-953-9904  
Kristi Wysocki ..... 303-648-9877

**USEF 'S'**  
Janet Foy ^ ..... 719-260-1566  
Janet "Dolly" Hannon ^\* ..... 303-919-4112  
Sandra Hotz ^ ..... 303-817-2030  
Anita Owen ..... 303-953-9904  
Debbie Riehl-Rodriguez ^\* ..... 303-263-0768  
Sue Curry Shaffer ..... 707-483-0860  
Kristi Wysocki ^\* ..... 303-648-9877  
^ = FEI Young Horse Certified  
\* = Dressage Seat Equitation Certified

**USEF 'r'**  
Amy Jablonovsky ..... 970-493-2833  
Gwen Ka'awaloa ..... 303-917-3679

**USDF 'L' Graduates** (Schooling and RMDS  
Only recognized shows)  
\*Denotes Graduation with Distinction  
Simone Ahern \* ..... 719-749-9274  
Julie Burt ..... 720-347-8084  
Kathleen Donnelly\* ..... 970-310-8729  
Beth Geier ..... 303-673-9840  
Jessica Greer ..... 970-581-5613  
Julie Haugen\* ..... 970-290-8360  
Sarah Martin \* ..... 720-891-1369  
Linda Ohlson-Gross \* ..... 303-840-9818  
KC Parkins-Kyle ..... 303-841-9953  
Kathy Simard\* ..... 720-981-4448

Stephanie Soule\* ..... 970-201-0747  
Simone Windeler ..... 719-287-2040

**L FACULTY**  
Janet Foy ..... 719-260-1566  
Debbie Riehl-Rodriguez .... 303-263-0768

**Dressage Sport Horse Breeding Judge**  
Janet Foy 'R' ..... 719-260-1566  
Gwen Ka'awaloa 'r' ..... 303-917-3679  
Debbie Riehl-Rodriguez 'R' 303-263-0768  
Kristi Wysocki 'R' ..... 303-648-9877

**USDF Sport Horse Seminar Faculty**  
Janet Foy ..... 719-260-1566  
Debbie Riehl-Rodriguez 'R' 303-263-0768  
Kristi Wysocki 'R' ..... 303-648-9877

**FEI 4\* Para Dressage TD**  
Kristi Wysocki ..... 303-648-9877

**FEI Level 1 Dressage Steward**  
Rusty Cook ..... 505-249-7586  
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# Secrets from the Trainers' Vault

## Lets YOU Ask the Question



*Simone Windeler, Professionals & Trainers Liaison for RMDS, edits this feature column, "Secrets from the Trainers' Vault." RMDS members are encouraged to send questions to Simone (simonedressage@gmail.com) and she will publish a select query with answers from member professionals. If you are a professional and would like to take part as a guest responder, contact Simone with your info and area of expertise.*

# What's Your Question?

*This month's column is from Simone's blog, ([www.theeleganttrider.com/blog](http://www.theeleganttrider.com/blog)) chronicling her thoughts on recent clinics with James Shaw, creator of "Ride from Within". This system is based on James' unique perspective of how the human body can best and most efficiently deal with the greater forces of nature and the horse, based on his years of training in martial arts, especially the art of Tai Chi.*

## Breathe In, Breathe Out

Breathe in, breathe out - sounds so easy and yes, you know how to do it. If you did not, you wouldn't be alive. However there is a twist to this - and this twist is a very powerful one.

When you look at the size and the power of the horse it is clear that we cannot overpower them. They simply are bigger, stronger and faster. Plenty of riders and tack manufactures have of course tried to come up with tools that give you that extra power. Some of those gadgets are even effective. But they are normally effective in a way that is detrimental to the fundamental movement of the horse. Therefore, if used extensively they will cause injury and lameness. Many gadgets will teach the horse to move in an unnatural way and once learned, it will keep moving like this even without the gadget. The end result? A horse who's health and natural movement have been severely disturbed often to the point of crippling it.

### ***So how can the simple act of breathing give you power?***

According to James, "You borrow the power of the horse and re-direct it."

### ***How can we do that?***

By breathing out an extra step. Very simple, and yet incredibly effective.

James tells you to "Breathe in like you smell a flower, then breathe out as if blowing into a flute." Now you count steps at the walk - and find a breathing rhythm that is easy for you. For most of my clients it is 4 steps in, 5 steps out, or 5 steps in, 6 steps out. If you wish to change to a longer sequence it works best to increase on breathing out.

So if you want to go from 4 in - 5 out to 5 in - 6 out you would breathe 4 in, 6 out and then 5 in on the next cycle. Voila! you are at 5 in - 6 out.

Breathing this way connects you to your body and makes you much more interesting to your horse. If you are sitting on a nervous horse (aka powder keg) - increase the cycle and you will find that the horse will start to relax, listen to your body and your breath. I experienced that first hand at my clinic with James and it worked extremely well.

It is also important to let your breath sink deep into your body. As you are riding, focus on how deep your breath reaches: Just to the middle of your rib cage, the bottom of your rib cage, your belly button, into your pelvis?

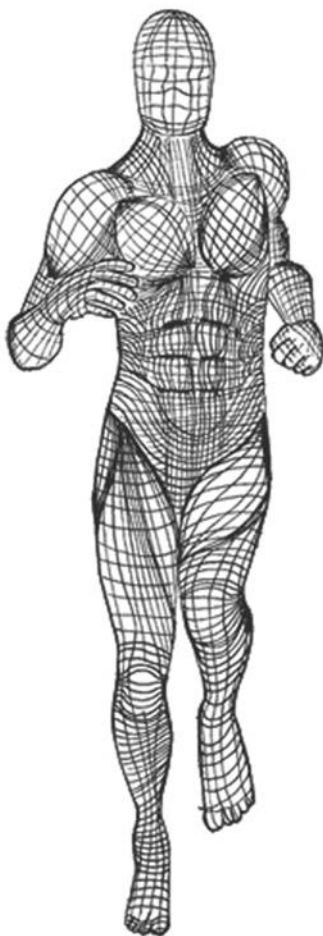
Most of us don't breathe very deep and if asked to breathe deeper we try to push the breath down with our diaphragm. Guess what - that does not work well and your breath will become shallow quickly again.

Instead on your last step of breathing out, pull in your belly button and then let it go as you begin to inhale. You just created a mini vacuum in your belly and it let's your breath sink deeper into your body. You can also increase the cycle length. I sometime can go to 7 in and 8 out on Matcho.

# Trainers' Vault *cont. from pg 20*

After playing for a while with this kind of breathing it became clear that there is a connection in your body between breathing and overall tension. James solved the puzzle for me: Biomechanically, when your body gets tense because you are nervous or scared when riding, your fascia tightens. Your fascia is connective tissue that covers your whole body. There are different kinds of fascia. Imagine the superficial one like a sheet that is directly under your

illustration by Meg Keiffer



skin. Above is a picture that illustrates the superficial fascia. This one shows a running man. The fascia can feel and react, it is one of our largest sensory organs. But the fascia does not talk to your brain. So in other words you can't tell it to relax. But your fascia will talk to your diaphragm and guess what - deep breathing with your extra breath out will relax your fascia. So next time your horse is overly excited focus on your breath, focus on your body and invite the horse to become relaxed with you.

The breathing that I described above works also at the trot and the canter. I tend to just count in the trot and canter at the same speed that I used in the walk, rather than trying

to count my horse's steps. I also found that as we go faster I often have a shorter cycle, in other words I will go to 4 in and 5 out, whereas I am often at 6 in and 7 out at the walk.

I hope you will get a chance to try this the next time you ride your horse. Prepare to be amazed.

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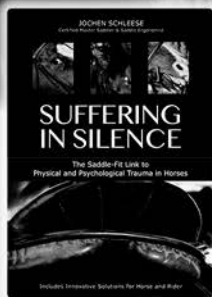
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## USDF REGION FIVE

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Congratulations to all of our Young Riders and Juniors who competed at NAJYRC in Kentucky this year! Everyone did very well and we are so proud of you.

Young Riders:

- Lauren Asher & Lysias
- Victoria Fernald & Ahmaroo

Juniors:

- Lexy Donaldson & Power Play
- Dallas McCullough & Bailar
- Megan McCracken & Amazing
- Molly O'Brien & Vermeer

GOOD JOB LADIES! Jackson Gillespie, who also qualified to ride on the Juniors team, joined us as groom extraordinaire and we were happy to have him along. Many thanks to our Region 5 FEI Junior/Young Rider coordinator, Joan Clay, who also was Chef d'Equipe for one of our teams. We could not have done it without you. It was an honor to Chef myself this year and many thanks to the girls, their parents, trainers and grooms for all their hard work and wonderful attitudes the entire week. The miniature golf team dinner with the USEF Youth Coaches was a great highlight and I think many will never forget the "Miracles" course.

The USDF convention is coming up quickly and it's time to book your hotel rooms, airfare and register for the convention and symposium. We are in Las Vegas this year December 3rd-6th. Information and registration forms for

the Convention and Symposium are available at [www.usdf.org/Convention/](http://www.usdf.org/Convention/). All Group Member Organization's (GMO) were asked to designate their delegates for the USDF convention Board of Governors meeting by August 31st and if not determined by that date, the GMO president would become the delegate. If the GMO delegate/president is not able to attend the convention, a proxy for that delegate can be submitted at any time up until the night before the BOG meeting at the convention. The advantage for the GMO is that the delegate will be known and can receive communication from the USDF office earlier. GMO Delegates are included on a list of USDF delegates to receive e-mail communications containing pertinent information on issues that will come before the 2015 BOG meeting at convention. If GMO's have not yet sent in their delegate information, please do so as soon as possible.

If you are not into the Vegas scene, remember, it's a great area for many other adventures. There is wonderful hiking in Red Rocks (a wild burro herd there also!), great restaurants that are off the strip, and other neat areas to explore. We will be participating in miniature golfing and roller coasters this year!

Don't forget, the Great American/USDF Region 5 Championships open August 21st and close September 21st. Join us in Scottsdale! The prize list is available at <http://azdressage.org/octoberfest/>.

Till next month!  
*Heather Petersen, Region 5 Director*

RMDS Online - [www.rmids.org](http://www.rmids.org)

### Forms/Info Online:

- USDF Instructor/Trainer Workshop Application
- RMDS 2015 Membership Forms
- 2015 Championship Sponsorship

Find Complete Awards list from The Dressage Foundation: [www.dressagefoundation.org](http://www.dressagefoundation.org)

2014 USEF Dressage Developing Program:  
[www.usef.org/documents/highPerformance/dressage//2014/2014DevelopingDressageProgram.pdf](http://www.usef.org/documents/highPerformance/dressage//2014/2014DevelopingDressageProgram.pdf).



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