

New Mexico Dressage Association

Flying Changes



June 2010

www.nmdressage.net

The New Mexico Dressage Association is a United States Dressage Federation Group Member Organization (GMO) and all members are automatically USDF Group Members (GMs). For USDF Participation Membership, members must apply directly to USDF.

President's Message

Now that Winter is finally behind us and hopefully the Spring winds have blown out all their steam, we can get down to focus on our sport of dressage. Horses are shed and shiny and stomping at the flies again. Well, I don't know about you, but I'll take flies any day over snow and cold wind!

The show season, understandably, started a bit late this year. The April and May NMDA schooling shows were a great success, however, with each having more rides as the momentum has built with the good weather. The April show at Bosque Sports Complex was one of the first sunny and delightful days of the year. I had the opportunity to take my horse there and it was well run and friendly. We had one moment of excitement with a runaway horse. As is so typical in the horse community, a spontaneous team of helpers quickly formed to round up the fleeing horse. It is good to see how we help each other out! The May show at Luna Rosa was packed with over 80 rides. We had a whole bunch of young riders, some from the Los Alamos Pony Club - check them out at the June show at Cherry Tree – the Los Alamos Pony Club is planning a Training Level freestyle. And there were several more young riders from Gilly Slater's barn – thank you Gilly!

What I find most heart-warming is to see the cross-over between horse clubs starting to grow. The NM Arab club started last year with the sharing of shows for awards. This year we have the Western Dressage classes and quarter horse points and now we have more three day eventers and the Pony Clubs. It really speaks to the power of dressage as a way of developing agility and strength in both horse and rider.

There are a lot of great shows and events still to come this year. Good luck to you all this season – I hope you find joy in your riding and bless the flies for their welcome appearance!

Susan

NMDA Schooling Show and Calendar Updates:

- **The next NMDA schooling show is Sunday June 20th at Cherry Tree Farm** –the closing date has past, so if you have not entered, consider coming out and to support your fellow riders and horses by watching or volunteering.
- **July 3 - 4, the Horses Unlimited Fiesta de Dressage** is held at the Expo NM in Albuquerque. Closing date June 25th – go on line a www.nmds.us for entry forms.
- **July 11th is our next NMDA schooling show at Luna Rosa**, www.nmdressage.net for entry forms
- **August 6 -7 Bill Woods Clinic and August 8 NMDA Schooling Show, Bill Woods Judge in Taos**
- Check the on line calendar for the most updated information about events.

It's not too late to go for the NMDA Awards! **Remember...there is a new NMDA Awards Program this Year!**

You only need three rides in three separate shows to qualify for NMDA Awards. There are plenty of shows left in the year if you want to qualify. This year, we will have more awards and better ones. So think about it...here is the Awards Program description:

NMDA now offers two types/sets of Year End Awards for NMDA Members, one for Schooling Shows and one for Combined USEF rated and NMDA schooling shows. Each set of awards are available for Introductory through Grand Prix/ Amateur, Open and Junior/YR. To be eligible for either type of award, the rider must have three scores from at least three separate shows. The single highest score at a level/division at each show is used. Both rider and owner of the horse must be NMDA members to be eligible for awards. Awards are presented at the end of the year in an Awards Ceremony after all the scores from all qualifying shows can be tabulated.

For the Schooling Show Award, all three scores must be from NMDA schooling shows and/or those schooling shows recognized by NMDA (i.e. the Arabian Horse Association of New Mexico dressage shows).

For the Combined Show Awards, the horse/rider must have at least two scores from designated USEF rated shows in Albuquerque. The rider/horse can use the highest score from each judge at a USEF rated show (USEF shows often have two or more judges). The rider/horse can use a combination of USEF and NMDA recognized schooling show scores, or the rider/horse can use all USEF scores. The three highest scores of the year are used.

An NMDA member may be eligible for both types of awards if they qualify for both criteria: three scores from schooling shows and three scores from combined USEF and schooling shows.

What we plan to do with your membership dues...Education for our Members!

The Board has decided to underwrite the Ride ReRide Clinic with Shirley Rector. This means that instead of paying \$80 a ride, NMDA members will only have to pay \$50 for each ride. This is a great deal for you, and we expect a very full event, so get your entries in early! If you don't get in, you can always audit. It is great to watch the rides and learn what the judge is seeing, then see the rider do it again and improve.

Note: the original date for the Ride ReRide Clinic in August and it is being re-scheduled. Check the calendar on line – you will also hear from us about the updates on the group email messages.

Special Thanks to the Facility Owners!

I'd like to express a special thanks to our members who put on shows and Clinics at their own facilities, including DJ and John Collins (for the show in March at Cherry Tree Farm), Louanne Sargent (for the May show at Luna Rosa), Maria Davis (for the Mary Wanless Clinic in April) and Ulla Hudson for the Stephan Keiswetter Clinic in April). It is a big undertaking to have a show or Clinic at your facility and it is also a financial risk, but without them, we would not have what we have to enjoy. Thank you all!

Some words from NMDA members about events this Spring...

April 18th – Bosque Sports Complex Schooling Show

By Barbara Burkhardt

Some high lights of the show:

- * The winner of the A/A Hi Point was "Charlotte", owned and ridden by Brenda Edeskuty. Brenda brought brownies for everyone to celebrate Charlottes birthday!
- * One rider got the whistle for an "off course" - she left the ring instead of asking the judge what the whistle was for.
- * Rena Haynes horse "Puck" got loose, with saddle on, and after galloping all over the grounds he went out the driveway and about a mile down Rt. 47 - at a gallop! Danny Sal Da Na, with Leslie Carpentar driving took chase got the horse stopped and caught him. Danny led him back to the show grounds. Rena rode her test anyway.
- * Two neighborhood dogs came trotting down the fence line during Susan Reed's test and her horse spooked badly. Michelle let her re-ride the test later. Susan Reed was also riding a test (on a different horse I think) when Puck got loose, and interrupted Susan's test again! (And they say dressage is boring!)

The good things were the weather was beautiful, the footing was deep but probably as good as it could be because it lightly rained Friday night and laid down the dust. The scheduling of rides worked well.

Thank you to all who made this show possible, our Judge, Michelle Baca, the show manager, Denai Meyer, and all the other volunteers,: arena set up, Amy and John Mowins, Maria and George Davis, Peter Forrest (avionics engineer that made the squared corners and the straight lines!), scribes, Maria Davis and Susan Olsen, scoreres, Susan Stinchcomb and DJ Collins, gate and warm-up, Cindy and Roger Winfield, John Collins, Hillary Underwood, runners Tom Oler, Leslie Carpenter, and Carol and in the office (and announcer) Barbara Burkhardt.

Ride with Your Mind – a Clinic with Mary Wanless

By Susan Olsen

As the weather repeatedly bashed us with snow in the East Mountains and made riding frequently a challenge this spring, I looked to the NMDA schedule of clinics and researched the clinicians coming to the ABQ area....luckily I was able to audit three and very privileged to ride in one. While the clinics were all educational, the clinic given by Mary Wanless, a British expert on teaching riders at all levels the biomechanical aspects of riding was the highlight for me, and has already made a significant difference in my riding.

So what does "ride with your mind" really mean? Well, to quote from her book: "Good horsemen ride well without knowing how they do it, and without understanding why you are not like them and cannot do it too." "Ride with your mind" means that you can change the way you ride your horse by learning riding skills described in a different way. Mary's "bite-sized chunks" – key points that explain the biomechanics using special learning strategies –really stick in your mind and give you a new ability to be aware of what your body is doing and where all the parts are! As one participant said with happy astonishment after the first day...."I feel as if this is a completely different sport!" Here's how the clinic went.....

Graciously hosted by Maria and George Davis of Davis Hats & Horses, the 3-day clinic was fully booked with riders (some even sharing time with another rider), auditors, and included a one-hour workshop/discussion of key points demonstrated by the lessons.



Mary Wanless started all of us off the first day by showing us how to achieve better alignment in the saddle and “plug in” to our horse – we learned a technique called “bearing down”, and how to breathe more consciously and effectively using our diaphragm. A key point is to sit lighter on the back by using your thighs and core – and she very frequently asked after transitions: “Did you feel your horse’s back hollow, stay flat or rise?” What a treat to feel the horse’s back rise, with her technique!

My “short list” of changes is listed below –luckily I can review and learn more about them, as she has written several books and made training DVD’s – I recommend the book **Ride with Your Mind Essentials**. I bought it before the clinic, was able to familiarize myself with many of the concepts, and ask her about them during my lessons and the workshop!

- shorter stirrups,
- “feet light and feet back”,
- refrain from letting the reins lengthen,
- kneeling on thighs (the snow-plow position),
- using the “fencer’s lunge” to turn
- “push the bellybutton back to the waist-band” in order to attain a neutral spine,
- And more!

Riding three successive lessons reinforced for me what she described as the ABC’s, just the beginning of the alphabet of what I still need to learn.....

Here’s hoping she’ll come back soon – Thank you Maria & George for hosting her! In the meantime, I have been able to continue incorporating this wonderful approach in the training of my young horse with a local instructor (Joan Bolton - 505 699 2872) who has studied with Mary Wanless extensively. If you want to learn more, you can check out Mary’s Website – www.mary-wanless.com, and look at some of the videos of her coaching Heather Blitz, as well as others!

http://www.youtube.com/results?search_query=mary+wanless&search_type=&aq=f

Recognitions for the Luna Rosa NMDA Schooling Show May 16th

Congratulations to our Junior and Show High Point Rider, Erin Kobler and to our Adult Amateur High Point, Susanne Baackmann and the Open High Point, Lynn Clifford. Reserve High Point winners were Brenda Edeskuty for Amateur and Cathy Rocke for Open. We gained several new NMDA members at the show – thank you to all who joined!

A big thank you to our judge, Marybeth Perez-Soto – it was a long day for her! And to all our volunteers, who of course make all this possible: Jane Chavez – Scribe, Susan Olsen – Scribe and Office, SueAnn Kirkby – Gate, Ginny Boawn and Tom Oler – Warm up, Kathy Simonson and Bonnie Schwartz – Scorers, Caroll Clegg and Maggie Auld – Gate, Sherry Gaber – Refreshments, Ann Lawrence – Reader, Jessie Salk - Arena Set up, and to Randi Phillips who helped me out in so many ways, a real “Jack of all Trades”. Thanks also to Adam and Stacy – Luna Rosa managers; they made our job very easy.

Help at All levels – A Clinic with Stephan Kieswetter

April 2010, Windsong Dressage

Notes from Susan Dezavelle:

Stephan Kieswetter is a clinician who has been decorated with medals, is an accomplished trainer and competitor and he has worked extensively with disabled riders and the German Paralympic team. What I found most amazing was his ability to clearly articulate to all levels of riders and horses exactly what he saw that horse or rider needed that day.

At the two day clinic held by Ulla Hudson at Windsong Dressage, I watched him work with young horses, higher level horses and with a disabled rider. Stephan gave the auditors a lot of comment and information. He would ask us questions to make us think about what we were watching, then give his detailed comments, so we could learn from it.

I was lucky to ride in the clinic for two days and Stephan helped me with my young horse. He talked me through my ride moment by moment with constant, instant feedback. I knew all the time when I was doing it wrong or right. It felt good when I would finally hear now and then, “Good!” (with a lot of enthusiasm), so I instantly knew when I had gotten it right. It made me realize how dressage is so incredibly cerebral and physical. Stephan would say, “Don’t just cruise around, constantly be thinking about what you need to be doing”. Here are some of the things that stay in my mind:

- Surround your horse with your aids
- Help him balanced in the turn with your legs and seat, not your hands
- Keep the connection always steady – you give him the rhythm and balance
- You tell him with your seat what rhythm he should have, he does not tell you!

Here is a technique that I use now on a regular basis with my young horse to help him learn to go deep into the corners. Go large around the arena and along the short side, start turning early (just past A or C). Then start on the quarter line with a very slight leg yield over towards the next corner at M or K, then ride deeper into the next corner. This teaches the young horse to learn to go deep into the corners and eventually the other corners are easier, too.



Other riders seemed to learn good techniques from Stephan to take back to their every day riding. I saw him teach others with young horses, less experienced riders with the basics, and higher levels, working on the half pass and collection. I saw improvement with everyone who rode. When I talked to others who either rode or audited, they said they learned a lot from Stephan. They could see that his ability to pick out the very thing you need to work on spoke to his years of experience not only in riding, but also with teaching.

Notes from Marybeth Perez-Soto

My impressions of the Stephan Kiesewetter clinic were of solidification of the basics. Yes, all the judges, clinicians, instructors and whatevers tell us to work on the basics, and to go back to the basics. That doesn't sound exciting, but when you do go back to working on the basics with your horse and feeling it a little bit differently each time, it does become eye-opening and a little bit exciting (it is dressage you know). Stephan worked on the use of the half-halt and bringing my horse more uphill in the canter. As I found out, there is more than one way to give a half-halt, just as there is more than one road to Rome. Of course, his method brought a lot of discussion to the dinner table between my husband, Jose Luis & I. It is through this discussion and exposure to different methods of training that one begins the process of learning and growing. Stephan's clinic involved both the rider & horse, as well as the clinic auditors. He spent a solid 10 minutes discussing and demonstrating the half-pass (not on a horse) to both myself and to the auditors. I think both parties benefited and got some renewed knowledge from this demonstration. Addressing the basics and improving them will always make the movements easier to perform. Updating our knowledge is essential to helping us communicate better with our horses.

Stephan may be back later this year, so be looking for information about the Clinic on the schedule and in the Newsletter.

Where has Flying Changes Been the Past Few Months???

You may be wondering where the "Flying Changes" newsletter has been the past couple of months. Without a Newsletter Editor I am holding the fort, but I have limited time to spend on the Newsletter. I have decided that it is more important to spend my time being sure we focus on the Club's primary business of running shows, building relationships with other clubs to expand our visibility and bringing value to the members with opportunities for Clinics and educational events. I would like to mention that because we have been sending this Newsletter mostly electronically, it has saved the Club a lot of money and we are using the money from your membership dues to bring more benefits to benefit the members.

If you want a more comprehensive Newsletter, get involved! If you like to write and can work with Word documents or a publishing program, please let me know. Communication is important and would I'd love to see it more often, especially if we can get articles to share. For now, I will send out this abbreviated version and hope that I can find someone to take it over in the future. I will also use the email Yahoo group communication to keep you all informed on what's going on.

This version of a Newsletter contains information and articles that are not already on the web site. Check the web site for the calendar, list of the Board members and Board meeting minutes. I will only include the most critical information about up-coming events and business developments, so you know that your Board is working for you. If you want at any time to hear more about what we are doing, please feel free to call or email me 505-934-5221 dezavelle@msn.com

USDF Region 5 Messages – These posting come to us from USDF and we want to pass them on to you:

May 2010 Region 5 Message

I am at the airport waiting for my flight to the USDF Spring Executive Board meeting as I write this message. Agenda items include: Peer to Peer Commission Project Update, USDF Position on Helmet Use, Possible Boundary Line Adjustment between Region 5 and 6 per the request of eastern Montana PM members, 2010 Annual Convention and Symposium, Approval of 2011 Regional Championship Sites, Discussion of the Future of USDF Directory, Education Membership Plan, and many others. The two-day meeting is very intense and I will update you on the outcome.

On April 15 the FEI approved strict warm-up rules for Dressage Competition to be implemented May 15, 2010. There is a new annex to FEI guidelines that provides clear instructions for steps to take relating to flexion of the horse's neck during pre- and post-competition training. You can read the details on the internet. I am sure their will be lively discussion on the bulletin boards. It does not effect our national shows, but it will be interesting to see if USEF follows suite in some respect.

My computer's hard drive failed. Thank goodness I had an external back up. So a word of advice-- backup your computer! In fact I am going to get an additional external backup.

Happy Riding! Theresa Hunt, Region 5 Director

FOR IMMEDIATE RELEASE

Contact: Ross Creech (859) 971-7038

2011 Great American Insurance Group/USDF Regional Dressage Championship Dates and Locations Announced

Lexington, KY (June 2, 2010) - The United States Dressage Federation (USDF) has announced the dates and locations for the 2011 Great American Insurance Group/USDF Regional Dressage Championships: USDF Region 1 (October 20-23) at the Virginia Horse Center in Lexington, VA, USDF Region 2 (September 22-25) at Majestic Farm in Batavia, OH, USDF Region 3 (October 14-16) at HITS Post Time Farm in Ocala, FL, USDF Region 4 (September 9-11) at the North Iowa Fair Grounds in Mason City, IA, USDF Region 5 (November 4-6) at WestWorld of Scottsdale, AZ, USDF Region 6 (September 22-25) at the Idaho Horse Park in Nampa, ID, USDF Region 7 (October 6-9) at the Murieta Equestrian Center in Rancho Murieta, CA, USDF Region 8 (September 13-18) at HITS on the Hudson in Saugerties, NY, and USDF Region 9 (November 3-6) at the Great Southwest Equine Center in Katy, TX.

These championships recognize the outstanding efforts of riders in each USDF region and provide an excellent opportunity for spectators to view the top competitors in their respective regions. Kathy Stringer of Great American Insurance Group added, "By being the title sponsor, we are able to help USDF showcase these commendable individuals and provide them with the recognition they so greatly deserve."

Competitors qualify for Great American/USDF Regional Championships by competing in designated qualifying classes throughout the year at USDF-recognized competitions. For more information on the Regional Championship program, visit the [USDF Web site](http://www.usdf.org) or contact the [USDF sport programs department](mailto:usdf@sportprograms.org).

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 about USDF membership or programs, visit www.usdf.org, e-mail usdressage@usdf.org, or call (859) 971-2277.

Dear USDF Governance Representatives (PM and GM Delegates, Chairs, GMO Presidents, Executive Board, and Staff):

The 2010 spring Executive Board meeting minutes are now posted on the USDF Web site at <http://www.usdf.org/about/about-usdf/executive-board/index.asp>, under the heading "Minutes Edited for the Web Site", at the links titled "April 18, 2010" and "April 17, 2010".

If you would like to reference the 2010 spring Executive Board meeting agenda, it can also be found at <http://www.usdf.org/about/about-usdf/executive-board/index.asp>, under the heading "Executive Board Meeting Agenda", at the link titled "2010 Spring Agenda".

NMDA Mission Statement:

The New Mexico Dressage Association (NMDA) is a nonprofit organization incorporated under the laws of New Mexico. NMDA is also a Group Member Organization of the United States Dressage Federation (USDF). The organization's purpose is to promote the understanding of dressage and to develop skill and excellence in its use, as well as encourage, promote and conduct exhibitions, shows, clinics and other events by which interested people may develop their potential as riders and train their horses to the extent of their capabilities. Privileges of membership include but are not limited to participation in the organization's activities and receiving the Handbook/Test Book, and monthly newsletter. Members also become Group Members (GM) of USDF, with all its benefits.