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ARIZONA DRESSAGE ASSOCIATION

THECENTERLINE

What the Letters *Really* Mean… According to an Adult Amateur

by Michele Gross

If you've ever ridden a spooky, red, dragon mare then you know you need survival skills. She's not a naughty dragon, she's a dragon with an overactive imagination and she takes our personal safety very seriously. I'm lucky she cares so much. However, I never know where the invisible monsters that only she can see are lurking which is where the challenge lies.

Typically, I laugh when it happens. I realize that laughing at fear sounds like a ridiculous response, but it helps to relieve the adrenaline coursing through my body at the time. It also helps me to quiet her gently, rather than punish her, since she sincerely believes she just saved our lives from danger and I should be thanking her. Again, I am so lucky.

Now, it is important to point out, this is not an article about what to do with a spooky horse. I am not a trainer and do not pretend to be. What I am is a lighthearted adult amateur with an observation-based perspective that I believe could be helpful to others riding through nerves whether they are horse-inflicted or self-inflicted. That was a super fancy way of saying I hope you can learn something from my misguided mistake.

That being said, let's keep in mind that there isn't really a definitively accepted meaning behind the dressage letters. There are just theories based on names of German stables, military barracks and perhaps even titles such as K for Kaiser (emperor or king) F for Furst (prince) etc. Well folks, I might have finally solved this riddle…twice.

One day, out of the blue, my dragon mare decided the letter K was going to kill us. As a joke. I started calling the letter K the Kill Corner. Another day, she decided the letter M was super sketchy, hence the Mayhem corner. There was Evil E, Rodeo R, Spooky S, Panic P, I had a funny name for every letter to keep a sense of humor, or so I thought.

We all know that controlling our own mindset can help us to better manage our dance partner's mindset. What was meant as a silly way to ease my own frayed nerves, giving spook worthy names to the letters as a joke, unintentionally and unfortunately began to affect my riding in a very negative way. For Instance, as we trotted towards the Kill Corner, knowing that we would then have to get past Anxiety to prepare for our canter into the Freak Out Corner, I felt how rigid and rolled my shoulders were, how tight and perchy my hips had become, and don't even get me started on the angle of my toes. I realized I was doing all sorts of terrible things with my body that were impacting my seat, which meant I was sending inadvertent "mayday" messages to her and absolutely feeding into her spooky mindset. Her mindset had become mine in the worst way. I had to figure out how to fix this and turn the negatives I had created into positives. If silly letter names could have a negative impact on my riding, could renaming the letters change that?

The next ride, armed with freshly renamed letter names, I paid close attention to my body position and my feelings. Instead of entering at Anxiety, we entered at Aahhh. I sat a little deeper in my saddle. Instead of looking through her ears at Chaos, I saw Calm as we passed over Dreamy and Legs-Always Legs before halting at Kiss. (I could not come up with a word for X so in keeping with XO, kisses and hugs, X

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Earn Volunteer Hours by Contributing to *THE CENTERLINE!*

Are you passionate about dressage, love to write, or have barn news to share? *The Centerline* newsletter is looking for AZ dressage community members—riders, trainers, and horse lovers alike—to contribute articles, opinions, updates, and tips.

SUBMIT TO: centerline@azdressage.org

**The deadline for submission is the 20th of the month.*

Ideas for Submissions

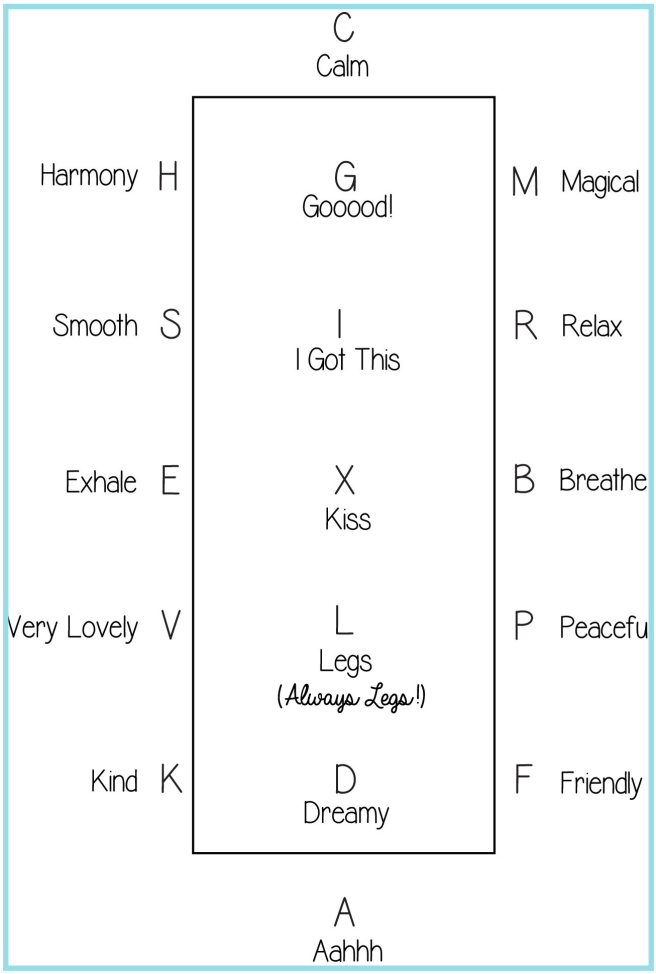
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Barn News: Trainers would you like to let us know about the recent accomplishments of your clients or introduce new clients and horses? Would you like to update readers about barn improvements, or talk about any other news of interest to the membership.

Member Submissions: Submit an article and photo of you and your horse on a topic of interest, a clinic or show experience. Submit your favorite barn and horse care tips, or review clinics. We'd love to hear from you! NOTE: *If the photo is a riding photo, a helmet is required.*

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became Kiss.) With Calm still between her ears, we rode over I Got This and Gooood. I actually felt Calm as we turned left towards the Harmony corner. We rode past Smooth and Exhale and I sat a little straighter as we approached Very Lovely to set up for the Kind corner. Passing Aahhh again to get to the Friendly corner, and then down the next long side of Peaceful, Breathe, and Relax, I felt my shoulders remain soft, my hips loose, and my legs stayed on gently hugging her as we went through the Magical corner. Who wouldn't want to ride through the Magical corner?

Back to my question about renaming the letters, the answer is YES. It really is working. She still spooks at her randomly determined letter of the day, but keeping my mind full of happy, calm thoughts helps me keep my body more ready in a positive way. I feel more confident making preemptive adjustments which typically feel counter intuitive, such as adding more leg, getting her more forward or patting her with my outside hand to assure her at the spooky spots instead of bracing in anticipation of what might or might not happen. The letter names serve as constant positive reminders for me to checklist my body, adjust my attitude and make the needed corrections to be more consistent in my seat. It is still very much a work in progress, but its progress.

Maybe your horse isn't spooky but you are. I'm talking about canter anxiety, sitting trot insecurity, those pesky show nerves and let's not forget geometry. These are all very scary things for a spooky human! Could the positive letter names help you feel more confident as you prepare to canter or go from rising to sitting trot?

Could the letter names help chill your show nerves and remember your test easier? Could they help with your geometry and remind you that circles are round and not oval? Ok, let's be honest, will anything help us with our geometry? It's certainly worth a try. For example, on the center 20-meter circle, leave the rail at Breathe, staying just under Relax and Smooth with I Got This to your right, touching the rail at Exhale and then staying just under Very Lovely and Peaceful with Legs-Always Legs to your right before coming back to the rail at Breathe. Give it a try, but we all know geometry is a whole other article of its own.

If nothing else, we have names for the letters. People, the mystery has been solved! Have fun learning the letters, applying them to your riding and even if you can't glean anything from my misguided mistake, hopefully you at least got a good chuckle or two. Happy riding!

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Arizona Dressage Association – 2025 Year in Review & Looking Ahead

Dear ADA Members,

2025 was a year of remarkable growth, engagement, and achievement for the Arizona Dressage Association. Building on the momentum of our digital transformation and rebranding, our community came together to make this year one of our most successful yet.

Schooling Shows & Fall Fiesta
We hosted three schooling shows, this year at Carefree Farms, of which were all filled to capacity. Sponsored by Sherlin Consulting, these shows provided a welcoming environment for riders to learn, compete, and connect. Our signature Fall Fiesta was also a standout event, drawing an impressive turnout and celebrating the spirit of our dressage community.

Educational Excellence & Communications
Education remained at the heart of ADA's mission. We held four outstanding educational events:

- The August Wine & Scribe with Beverly Rogers, which was a fun and engaging way for members to learn more about how to scribe while enjoying camaraderie with fellow participants.
- The highly anticipated Janet Foy / Steffen Peters Symposium, which was very well attended and offered invaluable insights for riders and auditors.
- The Janet Jones Horse Brain, Human Brain clinic, which deepened our understanding of the horse-rider partnership.
- In early January, we kicked off the year with a dynamic three-day clinic led by Olympic Judge Mike Osinski.

A heartfelt thank you goes to our Education Committee for their dedication and hard work on the two-year Core Transformation program, which continues to elevate our educational offerings.

This year we also saw the introduction of our new and improved Centerline template, which has enhanced our communications and helped ensure our messaging is clear, consistent, and welcoming to all members.

Governance & Financial Progress
Behind the scenes, ADA made significant strides in governance and financial systems. Our committees worked diligently to update policies, strengthen organizational foundations, and improve financial processes, ensuring a more robust and transparent association for all members.

Looking Forward to 2026
Excitement is already building for the year ahead ADA Show Info

- Four schooling shows are planned for spring, the first one was held on January 17th in the West Valley in collaboration with the Desert Hooves Pony Club.
- ADA will host the Summer Heat Series at WestWorld on June 13–14.
- The State Championships are set for October 31 and November 1.
- Additional fall schooling shows will be announced in the near future.

Don't miss the Social License to Operate webinar with USEF Chief of Sport David O'Connor on February 2 at 6 pm. David will explore the importance of public trust and horse welfare. Sign Up for Social License to Operate Webinar

Applications for up to six $750 ADA scholarships are due by February 1. Scholarship Application

We also encourage all members to complete the member survey (closing January 31) to help shape our future. Member Survey

Finally, we're seeking passionate members to join our Show and Education Committees. If you're interested, please reach out to Tracy Case at volunteer@azdressage.org to learn more.

Thank you all for your continued enthusiasm, participation, and support. Together, we look forward to another year of progress and community.



Warmly,

Ann Damiano

President, Arizona Dressage Association



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David O'Connor
Chief of Sport, US Equestrian

FREE Webinar:
"Social License to Operate" in Equestrian Sport

February 2, 2026
6:00 - 7:00 pm MT

SIGN UP NOW!

Register to Attend Social License to Operate Webinar

We hope you will join us for this meaningful conversation and lend your voice to the ongoing effort to ensure that dressage—and all horse sports—continue to thrive with the full confidence of the public.

We are pleased to invite you to an important and thought-provoking webinar on Monday, February 2, 2026 at 6 pm -7 pm MT, featuring **Olympic gold medalist and USEF Chief of Sport David O'Connor.** He will lead a timely discussion on one of the most pressing topics in modern equestrian sport: **Social License to Operate.**

As equestrians, we are all stakeholders in the future of our sport. "Social license" refers to the public's acceptance of horse sports—an acceptance that must be continually earned. O'Connor challenges us to examine how our training, competition practices, and daily interactions with horses are perceived both within and outside the equestrian community. He reminds us that if you can't explain what you're doing in the middle of Central Park, you actually can't do it—a powerful call to transparency, accountability, and horse-centered decision-making.

During this session, O'Connor will explore:

- How the public forms opinions about equestrian sport
- Why our communication—verbal, visual, and behavioral—matters more than ever
- What it means to demonstrate, not just claim, that horse welfare is our highest priority
- How riders, trainers, officials, and organizations can work together to strengthen the long-term viability of our sport

This webinar is especially relevant for equestrian athletes, trainers, parents, volunteers, and anyone who cares deeply about the future of equestrian sport in the United States. It promises to be both provocative and inspiring, offering a framework for how we can collectively safeguard the integrity and sustainability of our sport.

Presented by: US EQUESTRIAN FEDERATION · USDF REGION FIVE · ARIZONA DRESSAGE ASSOCIATION

Trust as Foundation: Sammi Sposi's Journey from Hunt Seat to FEI

By Leslie Sherlin, PhD

For some riders, horses provide an escape. For Sammi Sposi, they offered something more fundamental: a place where she could simply be herself. At nineteen, with nearly sixteen years of riding experience behind her and ambitious goals ahead, Sammi's journey reflects how the right partnership, built on trust and mutual understanding, can transform both rider and horse.

Finding Connection Through Horses

Sammi's equestrian story began at age four, sparked by an encounter with horses on Indigenous American reservations during family travels. Unlike many children drawn to horses for their beauty or excitement, Sammi found something deeper in these animals. "As a kid, I was not a very social butterfly person. I was definitely more gravitated towards animals than I was just in general of people," she recalls.

What appealed to her young self was refreshingly simple: the freedom to be authentic. "I found that they were a lot easier to be around. I didn't have to put on a mask. I could just enjoy my time with them. I got to be me. I didn't have to be somebody else and have it be this complex feeling. It just came really natural."

This early connection led to riding lessons, and her parents bought that first package that would eventually become thousands more. Her mother, though not a rider herself, recognized the profound value horses provided for her daughter and became Sammi's primary encourager throughout her journey. "She's really kind of fueled a lot of this almost 16-year journey. She supported me in every which way I've gone," Sammi explains. The support went beyond



simply funding lessons. Her mother understood horses as therapeutic partners, finding solace in their presence even without riding. "Horses are kind of like a safe place. They're a form of therapy for her. Even if she doesn't ride, it's always lovely to be around them."

This unwavering maternal support proved crucial as Sammi explored multiple disciplines in search of her true calling. Beginning with hunt seat equitation at Los Cedros with trainer Dede Bisch, she spent years sampling what the equestrian world had to offer. Showjumping, western riding, even cross-country all had their moments, but none felt quite right. Then, five years ago, Sammi discovered dressage.

The connection was immediate and lasting. "Dressage is kind of my version of a heart horse, if a heart horse was a discipline," she says. Since then, she has been "pretty locked in on dressage," progressing from fundamental concepts to advanced movements with remarkable speed. The transformation from "barely knowing what a shoulder-in is, to now doing four tempis" reflects both natural aptitude and dedicated work. Recently running through a fourth-level test, Sammi acknowledges the rapid acceleration with characteristic humor: "If you told me a year ago that I'd be doing this, I probably would have laughed in your face."

The Difficult Decision

Yet this progress came at a price, one that required Sammi to make one of the hardest decisions young riders face. Her longtime partner Lynk, though deeply loved, struggled with chronic soundness issues. Quarter cracks in his hooves created an unpredictable cycle of soundness and lameness that made consistent training and competition increasingly difficult. "He's had a bunch of issues with quarter cracks in his hooves, and it was just a very tentative, sensitive subject of would he be sound today? Would he not be sound today?"

The situation came to a head at the October 2024 Westworld Fall

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Educational Scholarship Program

ARIZONA DRESSAGE ASSOCIATION

Whether you're a Junior/Young Rider, Adult Amateur, or Open Rider, this is your chance to receive financial support for structured learning experiences that go beyond regular lessons!







Why Apply?

- Invest in your riding education
- Learn from top professionals
- Connect with the dressage community
- Give back by sharing your experience or volunteering with ADA

Important Dates:

- Application Period: November 1 - February 1
- Award Distribution: March (Following the March ADA Board Meeting)

Requirements:

- Active ADA Membership at time of application
- Application may not have previously received an ADA scholarship in the prior 2 years
- Sharing your experiences in the Centerline
- Must have a qualifying activity/event selected

https://azdressage.org/scholarship

Continued from page 6

Fiesta. Lynk came up lame just before their scheduled classes, forcing Sammi to scratch. The disappointment of missing competition paled beside a larger realization about her future in the sport. "After that, I kind of just had to sit down, look in the mirror and say, is this the riding career I really want?"

The question wasn't about passion. Sammi's love for Lynk was unquestionable. "I was very attached to Lynk. He was my baby, he was my child." But love alone couldn't change the physical reality. Lynk's feet "could not withhold the capability to move up the levels like I wanted to."

Since beginning work with trainer Cyndi Jackson a year and a half earlier, Sammi's competitive aspirations had crystallized around a specific goal: competing at the Young Rider North American Championships in Michigan. This wasn't a vague dream but a concrete objective that required a specific level of training and consistency. "Lynk just couldn't do that in this specific time frame, which is obviously unfortunate."

The decision to find Lynk a loving home where he could live comfortably without competitive demands, and to search for a new partner capable of meeting Sammi's goals, was heartbreaking. Yet it demonstrated the kind of mature horsemanship that prioritizes both human aspirations and equine welfare, recognizing that sometimes the most loving choice means letting go.

Love at First Ride

In December, just two months after that difficult decision, Sammi and her team traveled to Avo Dressage in New Jersey for a horse shopping trip. They had several horses lined up to try, and Sammi had her eye on one in particular. Scouzi (phonetically "skoo-zee") was added to the trial list almost as an afterthought. "We went and tried all of these wonderful horses, but Scouzi was the last one on our list and we just said, you know what, throw him in there. It couldn't hurt to try."

The timing could hardly have been less ideal. Mid-December in New Jersey meant freezing temperatures, intermittent snow, and ground that required time to defrost before riding could begin. Yet when the five or six-year-old gelding finally emerged for his trial, none of the weather seemed to affect him. "He came out and acted like a complete summer horse. He had an amazing head on his shoulders. He was so calm and sensible and reasonable."

This calm demeanor seemed particularly remarkable given that Scouzi wasn't yet showing the advanced work expected for young rider competition. "He wasn't really doing Young Rider Prix St. Georges things, which, you know, I was like, okay, that's why we can just throw

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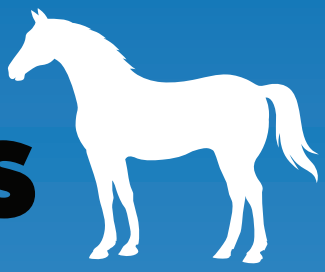
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See Guidelines

USEF has developed horse welfare guidelines based on the stoplight system to help us recognize acceptable or unacceptable interactions between horses and humans

GREEN *horse friendly*

The horse appears happy, willing, and content.

The connection between horse and human is harmonious and in sync.

YELLOW *cautionary*

Actions that cause you to pause and question whether they are acceptable.

Some actions may be acceptable for a very short period of time but may escalate to mistreatment if pressure or conflict increases in intensity.

RED *unacceptable OR not okay*

Actions that make you think, "This is not okay."

Actions that make you immediately think, "This behavior must stop."

Sometimes athletes can be acting in the red zone without even realizing it - these situations may be resolved by a licensed official interrupting the training, discussing the issue, and providing a verbal warning.

Scan to report

If you see an interaction that falls into the red zone, please alert an official to the situation and submit a report.

US EQUESTRIAN

DRESSAGE RIDING STANDARDS GUIDELINES

Anatomy of a Successful Experience: Determining If You Are Ready to Move Up a Level

Basic questions to ask yourself as a guideline on whether you're ready to compete at the next level.

- If you practice a movement that is new to the next level, are you able to consistently meet the requirements of the movement directives as stated on the test?
- On average, are you and your horse reasonably confirmed at the current level you are competing with a final score reflecting competency such as a 63% or higher?
- Does your horse willingly cooperate in the performance of the movements required for the level at which you are considering competing?
- Are you familiar with all the new movements asked for at the next level up and the characteristics that define them? Consequently, are you and your horse proficient and confident in performing the movements as they are required in the test?

Strategies for a Successful Experience

- As a general rule, follow the adage of competing at the level below which you are training.
- Read the test directives to ensure you know what factors the judge(s) will be taking into consideration when determining a score for each movement.
- As you move up the Levels, it can feel like the movements come very quickly - one after another. Before competing at a higher level, practice the test at home enough times so that you feel you have time to prepare for each movement.
- Know what core movements "define a level." These may be underlying what is described in the Purpose. For instance, at First Level Test 3, the 10m circles and broken lines test acceptance of the aids used for bending and turning. Second level introduces collection and the movements that help to develop it, such as shoulder-in and turn on the haunches.
- At the end of your show season, first make sure you can answer yes to all of the questions posed above. Then make a thoughtful evaluation of your success. Consider both your strengths and areas in need of improvement. The next level will not only have new test movements, but also a heightened expectation of your horse's balance, engagement and self-carriage which requires time and strength building. Make a training plan that takes advantage of educational and observational opportunities such as ride-a-tests and schooling shows. When you feel your horse is confirmed in the daily work and believe they fulfill the Purposes defined on the next level's dressage test, you can be confident that you are ready to begin competitions at the new level.

Are both you and your horse ready to move up?

Continued from page 8

him in at the end, it'll be fun." But what he lacked in advanced training, he made up for in temperament and trainability.

The defining moment came unexpectedly. "I remember there was this giant flock of birds in these trees that were lined up against the arena, and they just flew out. And he didn't react, he didn't spook, he didn't do anything, and there was probably hundreds of them." In that instant, surrounded by what would send many young horses into a panic, Scouzi simply continued his work. "That just kind of sums up the type of guy he is."

For Sammi, coming from a partnership with an unpredictable horse where vigilance was constant, this demonstration of unflappability revealed something essential. "I just felt very safe on his back. I didn't feel like anything could go wrong." It was, she admits with evident emotion, "pretty much love at first sight." The connection transcended training level or competitive readiness. What mattered was the foundation they could build together: trust.

Building Partnership Through Trust

Now, a year into their partnership, Sammi unhesitatingly describes Scouzi as her "heart horse." She acknowledges the conventional wisdom that "it takes a long time to get to know a horse," but she trusts her instincts about this relationship. "Maybe call it a gut feeling."

The transformation in both horse and rider has been remarkable. When they acquired Scouzi, he "had a pretty green change, could wobble through a four tempi." His training provided a foundation but required significant refinement and development. A year later, they're running through fourth-level tests with confidence. "He's really honed in on a lot, I'm continuing to hone in on a lot, and it's just been such rapid growth. And it's been so awesome."

This accelerated progress reflects not just Scouzi's talent but the trust underlying their work together. Unlike her experience with Link, where unpredictability required constant vigilance, Sammi can relax into the partnership with Scouzi. "I came from a horse that was very unpredictable, that I kind of always had to have him on the bit, and I didn't really know what was gonna happen. And now I don't have to do that, which is really awesome!"

Yet when asked about her most memorable achievements with Scouzi or throughout her riding career, Sammi doesn't cite scores or placements. Instead, she talks about growth and the journey itself. The progression from basic concepts to advanced movements matters more than any ribbon. The quiet moments of progress, the small breakthroughs in understanding, the gradual deepening of partnership provide deeper satisfaction than any temporary validation from competition results.

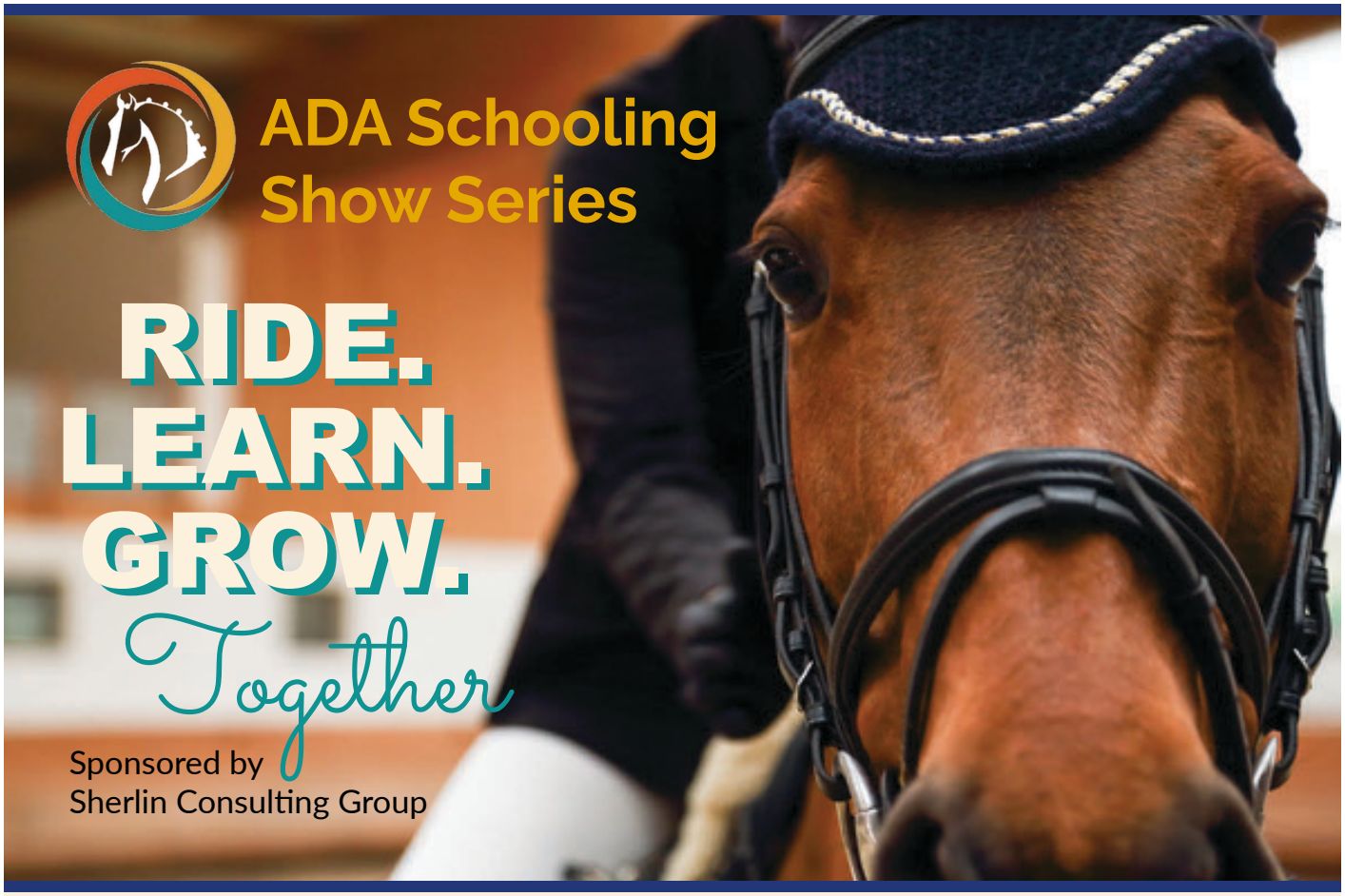
Perseverance Through Challenge

The path hasn't been without its frustrations, however. This past summer brought what Sammi describes as "quite a few dark moments," including a prolonged struggle with one of dressage's most challenging movements: flying changes. "We could not get a flying change out of Scouzi for some reason, and it's like a 1,000-piece puzzle. You're trying to find the exact right piece. You have all the corner pieces, you have the outline, it's just you need to find that one middle piece that you aren't really sure what's going on."

The analogy captures perfectly the particular frustration of dressage

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The Arizona Dressage Association is proud to partner with **Sherlin Consulting Group**, the official sponsor of our **Schooling Show Series.**

Their support helps create accessible, educational opportunities where riders of all levels can gain experience, receive constructive feedback, and build confidence in the show arena.

With a shared commitment to personal growth, peak performance, and lifelong learning, Sherlin Consulting Group and ADA are united in supporting the development of our dressage community.

2026 Events

JAN 17	Dale Creek Equestrian Center, West Valley
FEB 15	Carefree Farms, North Valley
MAR 15	Carefree Farms, North Valley
APR 12	Central Arizona Riding Academy, Queen Creek

Please note updated dates; Queen Creek was unavailable earlier in April.

Join Us for the Fun & Experience! **azdressage.org**

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training, where all the elements seem present but one crucial piece of understanding remains elusive. Rider position might be correct, timing appropriate, yet the horse doesn't respond as hoped. Finding that missing piece requires systematic problem-solving, patience, and often the insight of an experienced trainer.

When they finally found the solution, it reinforced an important lesson about perspective. "I always try and live for the good moments, then the bad ones." This philosophy reflects Sammi's naturally competitive personality channeled into productive persistence. "I've always been kind of that individual that picks a new hobby up right away, wants to be the absolute best at it."

Rather than letting perfectionist tendencies create destructive pressure, Sammi has learned to harness that drive toward steady improvement. The challenges become motivators rather than reasons to quit. The barrier that frustrates also drives determination to find the breakthrough, to solve the puzzle, to achieve the goal. This unwillingness to accept defeat without exhausting every possibility characterizes successful equestrians who persist through the inevitable plateaus and setbacks.

Balancing Competitive Drive with Academic Ambition

Currently pursuing a chemistry major at Northern Arizona University with a minor in astronomy, Sammi navigates the complex balance between academic ambition and equestrian goals. Her academic interests reveal another facet of her analytical mind and hint at passions that extend well beyond the arena. "For lack of a better term, I want to study chemicals in space," she explains with the slight defensiveness of someone accustomed to mixed reactions.

Chemistry, she notes, "has always come really easy to me, and a lot easier than basically any other subject." This natural aptitude combined with a childhood fascination with "space and the stars and what was beyond it" has created a clear academic path. "For the longest time, I always said if I didn't do horses, I would work at NASA, and I would be one of those academically gifted students that got the NASA internship at 19."

Her approach to balancing these worlds demonstrates practical thinking about sustainable career paths. The plan is straightforward: finish her degree to establish "a stable job to pay for this," then pursue higher-level equestrian competition with financial security. It's a pragmatic recognition that professional riding requires either independent wealth or creative financing, and Sammi is building toward the latter.

With Scouzi on track to become a Grand Prix horse, her competitive goals center on the Under 25 division. Last year's NAYC proved particularly encouraging. "We saw a lot of Scouzi babies," she notes, referring to horses sired by the same stallion. Seeing these half-siblings successful at the young rider level "made me feel really confident in the U25 atmosphere." The genetic potential is there; now it's about developing it systematically.

This long-term perspective shapes her current decisions. Rather than rushing Scouzi's training to meet arbitrary timelines, Sammi focuses on building a solid foundation that will serve them through Grand Prix. "I would love to shoot for U25, since then I would have the time, and I didn't have to worry about school." The willingness to prioritize education first, knowing that properly trained horses have long competitive careers, reflects maturity uncommon in nineteen-year-olds.

Yet make no mistake about horses' centrality to her identity. "Everyone that I've met who knows me pretty well, even not pretty well, would say that horses will stay with me throughout my entire life. And I'm inclined to agree with them." After nearly sixteen years of riding forming such a foundational part of who she is, walking away isn't conceivable. "It's definitely a cornerstone in my life, for sure. It's a part of myself."

Her family's philosophy guides this approach: "I come from a family of, if you love it that much, you make it

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ARIZONA DRESSAGE ASSOCIATION

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ARIZONA DRESSAGE ASSOCIATION

2026 Membership Application December 1, 2025 - November 30, 2026

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Primary Family Member Name (if different than above) _____ Date of Birth (____/____/____)

Supporting Family Member #1 Name _____ Date of Birth (____/____/____)

Supporting Family Member #2 Name _____ Date of Birth (____/____/____)

Individual Membership..... $66.00
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Each Supporting Family member $35.00
#1 ☐ AA ☐ JR/YR ☐ Open
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☐ ADA donation (optional) .....$ 10.00
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**** Envelope must have Michell's name on it***

***** ADA strives to keep membership fees as low as possible.**

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These are some areas we can use your help!

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Public Relations	Hospitality (home)

GMO GROUP MEMBER ORGANIZATION USDF

ONE RIDE AT A TIME

Full Mission Statement at *www.azdressage.org*

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work. And that's kind of how I'm approaching this."

The Gift of Mentorship

While Sammi's mother provided crucial early support and continues to fuel her daughter's passion, the demands of providing for this "amazing life" sometimes mean missing events. Enter Cyndi Jackson, who has become what Sammi describes as "my second mom throughout all of this."

The relationship extends well beyond typical trainer-student dynamics. "We've talked about this a lot, but we see a lot of qualities of ourselves in each other, of when we were that age." This recognition creates both understanding and effective teaching, as Jackson draws on her own experiences to guide Sammi's development.

The transformation under Jackson's guidance has been profound and multifaceted. "She's really developed me from what I was, which was a defensive rider, to put it lightly, into this lovely, soft beginning of an FEI rider." The technical progress is obvious in test scores and movement quality, but the mental and emotional growth matters just as much.

What makes the progression particularly notable is its speed without feeling rushed. "It's been such an amazing transformation over the past year and a half that I can't believe it's only been a year and a half! I feel like I've been with her for five years at this point." This accelerated but sustainable development reflects Jackson's systematic teaching approach, building skills methodically while maintaining forward momentum.

The rapid transformation is consistent with other young riders' experiences training with Jackson. The progression feels natural rather than forced, as if pieces are falling into place at an accelerated pace once foundational understanding is established. When training is approached systematically and correctly, breakthroughs happen more rapidly than when riders struggle to force progress without proper basics. Jackson's approach creates the conditions for this kind of sustainable acceleration.



Navigating Competition and Friendship

This growth has occurred alongside developing friendships within Arizona's competitive dressage community, including with fellow young rider Nicola Valentine. Having trained alongside Nicola for nearly five years, coming from the same previous barn, Sammi has learned to navigate one of equestrian sport's most challenging dynamics: balancing genuine friendship with direct competition.

As a sport psychologist I had to lean in and dig a bit at the balance of our equestrian friends and teammates also being our competitor. "At first, it was definitely a lot," Sammi admits honestly. "I'm a very competitive person by nature, and I've always been kind of that individual that picks a new hobby up right away, wants to be the absolute best at it." When she first met Nicola, "we were kind of on the same playing field, we kind of knew the same things. And so that was a little difficult to deal with."

The competitive tension wasn't about animosity but about ambitious young riders both striving for limited opportunities in a sport where teammates are also competitors. In dressage, unlike team sports, there's no shared victory. Only one rider can win a class, earn a spot on a team, or claim a championship.

Yet as Sammi matured, her perspective evolved into something healthier and more sustainable. "As I kind of grew up and matured, I love Nicola to pieces. She's one of my greatest friends that I've met through this sport." The shift represents moving beyond seeing other riders as obstacles to recognizing them as companions on similar journeys.

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Her current philosophy balances competitive drive with genuine care. When speaking about being in class with a friend she states, "At this point, I've kind of grown into this person of, if we ever get placed in a class someday, I hope the best person wins, and you bet I'm gonna try my absolute hardest to beat you. But I'm gonna be happy and proud of you no matter what happens."

This mature approach acknowledges the internal struggle inherent in such relationships without pretending it doesn't exist. There is genuine tension between caring about a friend while hoping to outperform them, between celebrating their success while yearning for your own achievement. The complexity becomes even more pronounced in equestrian sport, where the unpredictable nature of horses means that preparation and skill don't guarantee results on any given day. A trusted partner might spook at an unexpected moment, a usually reliable movement might fall apart, or everything might come together perfectly when least expected.

This inherent uncertainty keeps everyone humble and makes genuine sportsmanship all the more important. As Sammi observes, "You can't predict the future, unfortunately."

Wisdom Earned Through Experience

When offering advice to developing riders navigating similar challenges, Sammi draws from experience earned through both struggle and growth. Her perspective on competition has evolved significantly from an early mindset of "if I'm not winning, then what's the point?" That destructive perfectionism, she now recognizes, came from difficult childhood experiences that tied self-worth to achievement.

The healthier philosophy she's developed emphasizes perspective and self-compassion: "I know that that wasn't our best, and I know that today might have really gone off the rails, but there's always tomorrow, and you don't have to prove that to anybody. That's not something that you are required to do for other people. You do it because you want to."

She acknowledges that bad days happen and sting in the moment. "Yeah, you know what, it may not be fun if one day goes wrong." But the key is context. "In the grand scheme of things, look how many days went right. And look how many days will go right. You'll get so many more opportunities if this really matters to you, you'll get so many more opportunities to really say, hey, I can do this. Look at me go!"

This leads to her fundamental advice: "Keep that mindset of, today wasn't our day, and that's okay."

On a more practical level, Sammi emphasizes the importance of flexibility and acceptance. "Be prepared to go with the flow," she counsels, acknowledging that the phrase might sound "loosey-goosey" but reflects important truth. "The fact of the matter is, you don't know what tomorrow's gonna look like. You don't know, God forbid, that your horse can come up lame."

Link taught her this lesson repeatedly, each soundness issue reinforcing that "it's gonna be okay." The key is doing right by the horse first, then by yourself. "You have to understand what the vet is saying and do what's right for the best interest of the horse, and do what's right in the best interest of you." This includes recognizing when you're not ready even if the horse is, or vice versa. "That's okay. You have no pressure from anyone."

Her vision of what the sport should be emphasizes joy over obligation: "It should be a fun sport that you get to enjoy, because you're with your best friend, you're with your partner, you're with your child, if you will."

She also speaks to the mental game that constitutes, in her estimation, "50% of this sport, and 50% of it is actually being an athlete, and the dedication, and all of the physical attributes." Managing the mental aspect requires conscious effort and self-awareness, particularly for naturally competitive personalities who must learn to channel drive productively rather than destructively.

The Power of Partnership

When asked what she hopes observers notice watching her work with Scouzi, Sammi's answer comes immediately and from the heart: "Our partnership. The trust that him and I have created between each other this past year has just been nothing but incredible."

She searches for examples that might illustrate this abstract quality, landing on moments that riders understand viscerally but non-riders might overlook entirely. "It's such small things that if you don't ride, you don't get it. Like if I walk past this flag, and I can have you on a loose rein, and you can walk by it, and you don't freak out, that's pretty awesome!"

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These seemingly minor victories reveal profound trust. A spook at a flag causes no real harm, but the absence of spooking demonstrates that the horse trusts the rider's leadership enough to override self-preservation instincts. That a young horse in an environment full of potential concerns chooses to trust his rider speaks volumes about their relationship.

What Sammi values most transcends technical excellence. "I would definitely want the communication lines between us to be seen and heard, and that beautiful connection that we have to really speak more of the volume than the gait quality, or the movement."

This emphasis on connection over perfection reflects both her journey from Link to Scouzi and her evolving understanding of what makes riding meaningful. With Link, she "always had to have him on the bit, and I didn't really know what was gonna happen." The constant vigilance, while developing important riding skills, prevented the kind of relaxed partnership she experiences with Scouzi. "Now I don't have to do that, which is really awesome!"

The contrast highlights what trust enables: the mental and physical relaxation that paradoxically allows better performance. When a rider can trust their horse's reliability and temperament, they can focus on refinement rather than basic control. When a horse trusts their rider's leadership and consistency, they can offer their best work without anxiety or resistance.

For Sammi, this trust represents the culmination of everything that drew her to horses as a four-year-old seeking a space to be authentically herself. In Scouzi, she has found not just an athletic partner but a relationship built on mutual understanding, where communication flows both ways and neither partner needs to pretend to be something they're not.

Looking Forward

As Sammi navigates her final semesters at NAU and prepares for potential Young Rider competition, she carries forward lessons learned from both Link and Scouzi, from challenging moments and breakthrough rides, from competitive disappointments and the deeper satisfactions of partnership. Her future balances scientific ambition with equestrian passion, pragmatic planning with dreams of Grand Prix competition.

The path ahead involves finishing her chemistry degree, establishing financial stability through professional work, and developing Scouzi systematically toward his full potential. There's no rush, no artificial timeline driving decisions. The focus remains on building correctly, maintaining the partnership that makes the work sustainable, and remembering that "if you love it that much, you make it work."

For Sammi Sposi, the journey from a four-year-old finding solace with horses to a young woman preparing for FEI competition has always been about more than ribbons or recognition. It's been about finding spaces where authenticity is possible, where trust forms the foundation of partnership, and where the simple act of being present with a trusted companion provides sustenance that transcends sport.

As she moves forward toward Young Rider championships and beyond, Sammi carries with her an understanding that sustainable success comes not from winning at all costs but from partnerships built on mutual trust and respect. For the Arizona dressage community and beyond, her story demonstrates that the deepest rewards in this sport often come not from the visible moments of triumph but from the quiet, unseen moments of connection that fill us from the inside and remind us why we show up, day after day, to be with these remarkable animals who allow us to be exactly who we are.



NEWS



US Equestrian Debuts Lifetime Care Feature for Recorded Horses

US Equestrian Debuts Lifetime Care Feature for Recorded Horses

In an ongoing effort to support equine welfare, US Equestrian is unveiling a new, free feature for recorded horses called Lifetime Care Contacts. The feature is designed to allow a USEF member to add themselves to a horse's USEF record, signifying that if the horse should someday be in need of financial assistance or a home, they would like to be contacted.

"We understand that many breeders, owners, athletes, and grooms care deeply for the horses who have touched their lives and want to be there for them if they should ever fall on hard times down the road," said US Equestrian chief executive officer Bill Moroney. "We had media and member inquiries about such a system last year and realized this is a way we can help."

The Lifetime Care Contact feature is free to use. You must be a US Equestrian member or have a free fan account to add yourself to a horse's record because horse data is part of the membership section of the US Equestrian website, but this feature will be accessible at no cost to users.
If you want to add yourself as a Lifetime Care Contact to a horse's USEF record, visit the Lifetime Care tile in your USEF Dashboard and search for the horse you're looking for using the horse's recorded name or USEF number, then click the button prompting you to add your contact information to that horse's list. You'll see a list of horses for whom you're listed as the Lifetime Care Contact at the bottom of the page.

If you have found a horse in need and want to see if they have a Lifetime Care Contact on file, you will need a USEF membership or free fan account to access our Horse Search. Visit the Lifetime Care tile on your Member Dashboard and use the horse's recorded name or microchip number to locate the horse you're seeking care for. You will be prompted to verify you're assisting this horse and can click a button to be sent an email with that horse's Lifetime Care Contact information.

"US Equestrian isn't positioned to require anyone to reach out to a horse's Lifetime Care Contact, but we are in a position to make it easier for a horse in need to be connected with someone who has expressed an interest in helping them," said Moroney.

The Lifetime Care system is designed as a safety net for horses, and its use is voluntary. US Equestrian is unable to require that someone consult a Lifetime Care contact before moving, selling, or transferring a horse. The goal of the feature is to facilitate connections as needed, but this program can only be as effective as the scope of use. US Equestrian encourages members to utilize the free feature to make this equine safety net as robust as possible.

Visit https://www.usef.org/horse-welfare/lifetime-care
to learn more about this program and for a list of frequently asked questions.

VOL.26 ISSUE 1 JANUARY 2026

Two Versus One and a Half Legs

By Susan Downs Parrish, PhD

In 2024, one day after Thanksgiving, I had to put Maronda down. Although a little more than a year, it feels like five years. She was such a big part of my life. Despite being gone, she has continued to influence my life. She taught me to listen. So I didn't question her when she told me that she wanted to retire, even though I wasn't ready to stop riding. My first thought was to ride other people's horses rather than buy a horse. Maybe someone would have a horse that needed to be exercised. Sure! Well, Tanya Tucker contacted me and told me about such a horse. The horse, Jesse, happened to be a mile and a half down the road at Marian Munsinger's. How fortunate is that?

Since Maronda's death, good fortune has been a constant. Jesse turned out to be exactly what I needed. It wasn't like riding Maronda, but my memory prevailed, and that meant riding Jesse as though she were Maronda—I listened to Jesse, and she loved it. Maronda's spirit guided me and pointed me to the future, which definitely included riding. But the question remained—did it include owning a horse?

One day, on Facebook, a video of a horse caught my attention. Later, it came to me that I wanted to know more about this horse, but didn't remember who was responsible for the video. In talking to my son, I mentioned the video and my inability to find it. Later that day, Reta Conner of Ponderosa Performance Horses sent me a message on Facebook with the video of the horse. Josh found her and mentioned my interest. When we met, Reta told me how Josh's manner impressed her.

Reta told me that the horse, Remixx, a four-year-old, registered Half Andalusian gelding, was for sale, and suggested a trial ride. It crossed my mind that riding a young, very green horse was poor judgment for a senior rider, but Reta assured me that he was more reliable than many of the well-trained horses she knew. One ride on Remixx convinced me to trust Reta's judgment. Josh strongly encouraged me to consider buying Remixx—another instance of good fortune.

In January, I purchased Remixx. He had been started, turned out for about six months, and was back in training when I tried him. It seemed wise to leave him in training for a few more months before bringing him to my barn. He arrived on March 1, six days before his fifth birthday.

Soon after he arrived at my barn, he began to influence my thinking. After nine months of riding him, it turns out that he is one of the most enjoyable horses I have ever had.

As a child, I slept with my legs intertwined. At age fifty, the damage caught my attention. My left knee and right foot no longer functioned properly. Riding Remixx made me face the need for knee replacement surgery, which took place on August 19. Six weeks after surgery, riding was possible. After a few rides, it occurred to me that for many years, I had been riding with one and a half legs instead of two. With two legs, my body felt like that of a twenty-year-old. Just imagine being seventy-something and feeling like twenty-something. Trust me, you can't imagine it. Now, what is more amazing is what this guy, born to an Andalusian mother and a quarter horse father, is teaching me about dressage. Before going into detail about what I'm learning, let me mention the dad's name: Dude Ain't Blonde. (Blonde is Remixx's paternal grandfather.) Remixx's dad's name explains his complete lack of pretentiousness. He's practical.

Gerd Zuther introduced me to Durchlassigkeit, German for "acceptance of lateral aids." This phrase is deceptively simple. It is equivalent to the ABCs of the English language. With an understanding of the ABCs, words, sentences, paragraphs, and books

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MEMBER VOICES

We want to hear from you! Please share your stories and build real connections with our community.

SUBMIT TO: centerline@azdressage.org

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can be created. In 2000, I helped Gerd create a diagram that reveals the progression of a dressage horse from "*Losgelassenheit*" (suppleness, unconstrained use of muscles, tendency to stretch down, and the weight relatively on the forehand) to Collection. According to the diagram, it is through the development of Losgelassenheit that the horse begins to develop Rhythm, and the rider practices Correct Contact, both of which are required for Durchlassigkeit.

I have trained two horses to FEI level, have earned the USDF Bronze and Silver Medals, and I am one score away from earning the Gold Medal. It didn't occur to me that a genuine understanding of the acceptance of lateral aids escaped me until Remixx came along and showed me that acceptance of the lateral aids is about partnership between the horse and rider. The partnership involves leadership on the part of the rider. This leadership is based on knowledge of horse physics, not on dictatorial authority.

Remixx is spooky at the east end of my arena. There are trees and a private road situated about fifty yards away. For whatever reason, he doesn't want to spend time in this area. My approach has included lungeing him, and praising when he overcomes his fear. For about a week, I lunged him before riding, and again in the late afternoon before feeding time. Riding included activities focused on acceptance of the lateral aids—shoulder-in, haunches-in, turn on the haunches, leg yield, and half-pass. At the end of the week, I turned him out so he could do his usual gallop, buck, and play. He galloped a little but stayed away from the spooky end. I encouraged him to do more by approaching him with my long whip. His response was not to resume playful movement, but to walk to the spooky end, turn, and look at me as if to say, "I get it. This is what you want! Right?" He did have his tongue out, and one of my Facebook friends told me that he was giving me the raspberry.

Since that day, our partnership has developed beyond my expectations. There is no longer a need to lunge him in the spooky area. He is still uneasy when we go there, but he overcomes his fear and accepts my direction—accepts the lateral aids. At one point, before I included lots of lungeing in my approach, it occurred to me that Durchlassigkeit was about forcing the rider's will on the horse. If force was fundamental to the relationship, I was done with dressage. Remixx stepped in and saved me from the anguish of my thought, when, on his own, he went to the spooky place, and looked at me with ears perked up. Clearly, we were partners.

Dressage is about partnership. It's about a horse feeling safe enough to accept the guidance of a rider and ignore instinct. Dressage is not about the relationship between slave and slave owner.



Thanks to all who attended our clinic with Mike Osinski!





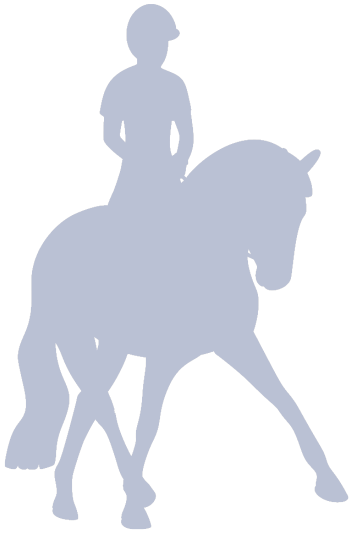












Board Meetings:

January 19
February 16
March 16
April 20
May 18
June 15
August 17
September 21
October 19
November 16
(All meetings are virtual)

If you would like to attend, please contact Ann Damiano
a.damiano@azdressage.org

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2025 Year End Standings
Riders of the Year

Training through 4th Levels
Criteria: 4 Scores (1 Highest Test) | 3 Different Shows | 3 Different Judges | Volunteerism

RED BOLD = STILL NEEDS VOLUNTEERISM

Adult Amateur

Training Level

Volunteerism?	Yes	71.800	Montierth, Heather
Volunteerism?	**No**	**66.408**	**Bresnahan, Michelle**
Volunteerism?	Yes	64.650	Kauffman, Laura
Volunteerism?	Yes	64.599	Smith, Sarah
Volunteerism?	No	62.372	Smith, Shawn
Volunteerism?	Yes	62.250	Sherlin, Leslie

First Level

Volunteerism?	Yes	73.518	Barngrover, Alyssa
Volunteerism?	Yes	67.257	Montierth, Heather
Volunteerism?	Yes	67.012	Brown, Emily
Volunteerism?	Yes	65.787	Kauffman, Laura
Volunteerism?	**No**	**63.333**	**Buce, Lisa**
Volunteerism?	**No**	**60.208**	**Money, Michelle**

Second Level

Volunteerism?	Yes	68.047	Barngrover, Alyssa
Volunteerism?	Yes	65.809	Murphy, Christine
Volunteerism?	Yes	63.028	Swanson, Julie
Volunteerism?	**No**	**62.979**	**Clemens, Lysa**
Volunteerism?	**No**	**61.000**	**Buce, Lisa**

Third Level

Volunteerism?	Yes	61.665	Lent, Stacey
Volunteerism?	Yes	60.962	McLaughlin, Erica
Volunteerism?	Yes	60.748	Lindy, Rebecca
Volunteerism?	Yes	60.125	Wheeler-Raheb, Katherine

Fourth Level

Volunteerism?	Yes	64.474	Evans, Shepherd Allison
Volunteerism?	Yes	63.918	Carson, Deborah
Volunteerism?	Yes	63.723	Collins, Natalie
Volunteerism?	Yes	58.485	Ziurys, Lucy

Jr/YR

Training Level

Volunteerism?	Yes	60.650	Sherlin, Mariska

Third Level

Volunteerism?	Yes	62.464	Venkatesh, Ellis

Open

Third Level

Volunteerism?	Yes	65.099	Burnett, Amy

NOTE: Members have until January 31st to reach out to Scores@azdressage.org to correct any issues. Go to https://azdressage.org/yea-volunteer-donation/ to complete your year end volunteer donation if you have not done so already.

2025 Preliminary Year End Standings
Cameo

Criteria: 3 Scores | 3 Different Judges | Volunteerism

Volunteerism?	Avg	Horse	Owner	Rider
Yes	64.922	Imperio Do Castanheiro	Radda, Tania	Radda, Tania
Yes	68.741	Florisson	Damiano, Ann	Jackson, Cyndi

2025 Preliminary Year End Standings
Freestyle Rider / Horse Combination

Criteria: 3 Scores | 3 Different Shows | 3 Different Judges | Volunteerism

RED BOLD = STILL NEEDS VOLUNTEERISM

Open

FS (TL- 4th)

Volunteerism? Yes 66.033 Amy Burnett / Pfrankincense HP

FS (FEI)

Volunteerism? Yes 73.000 Cynthia Jackson / Florisson

2025 Preliminary Year End Standings
Horses - Training through 4th Levels

Criteria: 3 Scores (1 Highest Test) | 3 Different Shows | 3 Different Judges | Volunteerism

RED BOLD = STILL NEEDS VOLUNTEERISM

Volunteerism	Owner/Rider	Avg	Horse	Owner	Rider(s)
Training Level					
Yes	Yes	72.333	Krystof	Montierth, Heather	Montierth, Heather
No	No	66.166	Fisher Price	Bresnahan, Michelle	Bresnahan, Michelle
Yes	Yes	65.733	CBC Ryal	Kauffman, Laura	Kauffman, Laura
Yes	Yes	64.638	Thistle Glen's Desperado	Smith, Sarah	Smith, Sarah
No	No	62.667	Wynn Royalty Wins	Sherlin, Leslie	Sherlin, Leslie
No	No	60.807	Nesquik	Smith, Shawn	Smith, Shawn
No	Yes	60.800	Clononeen Cashmere	Sherlin, Leslie	Sherlin, Mariska
First Level					
Yes	Yes	74.722	Bohemian Rhapsody R	Damiano, Ann	Jackson, Cyndi
Yes	Yes	73.488	Beniciano BG	Barngrover, Alyssa	Barngrover, Alyssa
Yes	Yes	67.453	Krystof	Montierth, Heather	Montierth, Heather
No	No	63.889	Ryker	Buce, Lisa	Buce, Lisa
No	No	60.000	Raven	Money, Michelle	Money, Michelle
Yes	Yes	57.809	Thistle Glen's Desperado	Smith, Sarah	Smith, Sarah
Second Level					
Yes	Yes	71.690	Fanfare HSR	Brusnighan, Christopher	Jackson, Cyndi
Yes	Yes	68.349	Beniciano BG	Barngrover, Alyssa	Barngrover, Alyssa
Yes	Yes	66.793	Made You Look	Murphy, Christine	Murphy, Christine

No	No	63.377	American Style	Clemens, Lysa	Clemens, Lysa
Yes	Yes	62.990	Fenix EAS	Swanson, Julie	Swanson, Julie
Yes	Yes	62.699	Heros Quest	Keyser, Anastasia	Keyser, Anastasia
No	No	59.174	Ryker	Buce, Lisa	Buce, Lisa
Yes	Yes	55.873	Logan	Lipton, Mary	Lipton, Mary
Third Level					
Yes	Yes	65.177	Pfrankincense HP	Burnett, Amy	Burnett, Amy
Yes	Yes	63.330	L'Aqiedo	Venkatesh, Debra	Venkatesh, Ellis
Yes	Yes	62.158	Formally Cooper	McLaughlin, Erica	McLaughlin, Erica
Yes	Yes	61.845	Galante Da Prata	Lent, Stacey	Lent, Stacey
Yes	Yes	61.583	Fritz De Borrey	Lindy, Rebecca	Lindy, Rebecca
Yes	Yes	60.333	Icaro Cal	Wheeler-Raheb, Katherine	Wheeler-Raheb, Katherine
Fourth Level					
Yes	Yes	64.169	Nicodemus	Evans, Shepherd Allison	Evans, Shepherd Allison
Yes	Yes	63.426	Dansken	Carson, Deborah	Carson, Deborah
Yes	Yes	61.984	Bravo	Carson, Deborah	Carson, Deborah
Yes	Yes	58.582	Oficial De Susaeta	Ziurys, Lucy	Ziurys, Lucy
Yes	Yes	54.630	Annwylid Dare to Dream	Darling, Lisa	Darling, Lisa

2025 Preliminary Year End Standings
FEI Horses

Criteria: 3 Scores | 3 Different Shows | 3 Different Judges | Volunteerism

Volunteerism	FEI	Avg	Horse	Owner	Rider(s) Owner/Rider
Yes	Yes	68.596	Florisson	Damiano, Ann	Jackson, Cyndi
Yes	Yes	67.010	Everdeen	Valentine, Nicola	Valentine, Nicola
Yes	Yes	66.422	De Niro's Black Shadow	Mulcahy, Beth	Mulcahy, Beth
Yes	Yes	65.797	Bailando	McHenry, Erin	McHenry, Erin
Yes	Yes	65.441	CC's Rubin	Cahill, Courtney	Cahill, Courtney
Yes	Yes	64.922	Imperio Do Castanheiro	Radda, Tania	Radda, Tania
Yes	Yes	64.657	Jetsetter EDI	Damiano, Ann	Damiano, Ann
Yes	Yes	64.265	Mooiboy	Cox, Lauren	Cox, Lauren
Yes	Yes	61.618	Bohemio XCVII	Eikel-Baughman, Nathalie	Baughman, Lily
Yes	Yes	61.128	Jordan WRF	McLaughlin, Wendy	McLaughlin, Wendy
Yes	Yes	61.079	Jeitoso XIV	Lindy, Rebecca	Lindy, Rebecca
Yes	Yes	59.094	Dexter WSM	McLaughlin, Wendy	McLaughlin, Wendy

2025 Year End Standings
FEI Riders of the Year

Criteria: 4 Scores | 3 Different Shows | 3 Different Judges | Volunteerism

RED BOLD = VOLUNTEERISM MISSING

Adult Amateur

FEI - A

Volunteerism?	Yes	66.508	Cahill, Courtney
Volunteerism?	Yes	66.360	Mulcahy, Beth
Volunteerism?	Yes	64.301	Damiano, Ann
Volunteerism?	Yes	64.206	Radda, Tania
Volunteerism?	No	64.081	Taylor, Karrin
Volunteerism?	Yes	60.662	Lindy, Rebecca
Volunteerism?	No	59.522	Hauch, Kari

FEI - GP

Volunteerism?	Yes	66.032	McHenry, Erin
Volunteerism?	Yes	59.620	McLaughlin, Wendy

JR/YR

FEI - A

Volunteerism?	Yes	68.787	Valentine, Nicola
Volunteerism?	Yes	60.662	Baughman, Lily

Open

FEI - A

Volunteerism?	Yes	62.978	Cox, Lauren

FEI - GP

Volunteerism?	Yes	68.165	Jackson, Cyndi





The **Northern Arizona Chapter of the Arizona Dressage Association, NAC of ADA**, is a 501c3 Nonprofit Organization comprised of members in the quad-city areas of **Prescott, Chino Valley, Verde Valley, Prescott Valley, Dewey-Humboldt and beyond!**

2026 Schooling Show & Clinic Dates

April 18th - Schooling Show, Michell Combs 'L' (Freeman Farms)

May 30-31st - Clinic, Dolly Hannon

July 18th - Schooling Show, Dori Vlatten Schmitz 'S' (Imperio Acres)

Sept 5th - Schooling Show, Ellie Stine Masek 'S' (Freeman Farms)

NAC of ADA Officers/Board 2025

Beth Mulcahy, President
E: beth.rosekrans@gmail.com

Lynne Trenery, Vice President
E: Lynne@freemansaddlebreds.com

Annie Kuchler, Secretary
E: annie.kuchler@gmail.com

Sue Crampton, Treasurer, Show Manager
E: susancrampton1@gmail.com

Lisa Darling, Education and Clinic Committee Chair

Theresa Reese, Director

Tristan Lloyd, Director

Kate Goshorn, Director

Sabine Preisinger, Director

Kay Turner, Director

2026 CALENDAR OF EVENTS

JAN	9: ADA Clinic - Refine Core Skills with Mike Osinski	17: ADA Schooling Show, Dale Creek Equestrian Center, West Valley	
FEB	15: ADA Schooling Show, Carefree Farms, North Valley	21-22: Dressage @ Spear-Cross Equine Center Show	21-22: NAC Biomechanics Clinic with Heike Barrett
MAR	7-8: TDC March Madness, Pima County Fairgrounds	15: ADA Schooling Show, Carefree Farms, North Valley	27-29: CARA Champagne Show
APR	4-5: Dressage @ Spear-Cross Equine Center Show	12: ADA Schooling Show, Central Arizona Riding Academy, Queen Creek	18: NAC Schooling Show, Freeman Farms, Michell Combs 'L'
MAY	30-31: NAC Clinic - Dolly Hannon		
JUNE	13-14: ADA Summer Heat, Westworld Scottsdale		
JULY	18: NAC Schooling Show, Imperio Acres, Dorie Vlatten Schmitz 'S'		
AUG			
SEPT	5: NAC Schooling Show, Freeman Farms, Ellie Stine Masek 'S'		
OCT	Oct 31-Nov 1: ADA Fall Festival & State Championships, Westworld Scottsdale		
NOV			
DEC		12-13: Dressage @ Spear-Cross Equine Center Show	



ARIZONA DRESSAGE ASSOCIATION
100 EASY ST., BOX 2855
CAREFREE, AZ 85377