Arizona Dressage Association

The Centerline



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I achieved my Century Ride on my horse, Strauss, who is now 25 years old. I have owned Strauss since he was 6 years old. I bought him for myself but quickly discovered that he was tremendously talented. My trainer at the time, Cyndi Jackson, took him all the way to Grand Prix. Later, Charlotte Bredahl trained and competed him. Strauss has introduced me to too many wonderful dressage experiences to name. In 1999, he was #1 NWPN foal. In 2010, He was #4 in KWPN I-1. In 2011, he was 3rd KWPN Grand Prix and #8 FEI Horse of the Year. Probably the best memory I have is flying Strauss to Gladstone for the Festival of the Horse. Strauss and I thank all his friends and trainers for the exciting life we have had together.

Strauss eventually convinced me that he was done with showing. He had been retired for five years before the show. After all this time, I tacked him up and he was sound and ready to go. Maybe too ready to go! My thanks to all our supporters at the show and the wonderful California Central Coast dressage community. Strauss is back to being retired and I am currently working with my Grand Prix horse, Nimbus. Here's to dressage at any age!

~ Nikki Soich ~

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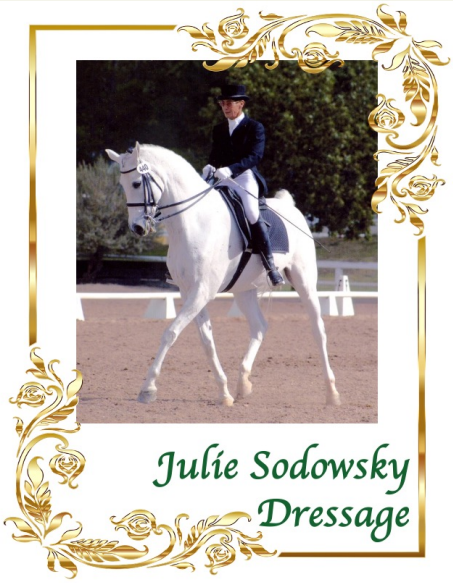
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ARIZONA DRESSAGE ASSOCIATION

Regular Meeting

June 17, 2024 Minutes

The meeting was called to order at 6:36pm.

Officer's Reports:

1. **Directors/Alternate Directors Present:** Kathy Smith, Cynthia Ganem, Michell Combs, Tania Radda, Susan Skripac, Tania Radda, Maeike Zoet, Ann Damiano, Rebecca Bruening, Amy Burnett, Anastasia Keyser, Jarred Sallus
2. **Directors/Alternate Directors Absent:** Rebecca Lindy, Kadryia Musina-Sallus, Nicole Zoet
3. **Guests from other chapters:** Lynne Trenery, Beth Mulcahy
4. **Guests:** None
5. **Secretary's report -** approved by Board. Cynthia Ganem moved to approve the secretary report as published in the Centerline, seconded by Kathy Smith.
6. **Treasurers' and Finance Report –** Operating Account: $82,936.06; Debit Account: $4,767.22; Pantano CD- $11,745.80; Petty Cash $400.00; and Catastrophic reserve is 87% of legal requirement.
    a. Cynthia shared the May P&L which showed Net Income of $70,181.64. This includes fund-raising and entry fees for the June show, however, no show expenses had been paid in May.
    b. D&O Insurance - We received a quote from competitive insurance company. Susan Skripac moved to approve the current quote for a $1,552 premium with the option of increasing coverage with a $2,000 premium cap, seconded by Ann Damiano.
7. **Recognized Shows (1st VP) –** Kathy Smith said that overall the Summer Heat show went well, despite a few issues during the set up day and resulting concerns from participants. A deeper dive will be done within the Show Committee so a full report can be then given to the Board.
    a. ADA still needs a Show Manager for the November show and options are being researched.
    b. Discussion regarding creating a policy about conduct to be distributed to members/competitors in advance of the November show.
8. **Schooling Shows (2nd VP) –** Amy Burnett announced her resignation due to work time constraints.
9. **Membership Committee –**
    a. Discussion around surveying members who are not renewing, Erin McHenry will follow up with survey options (ie Survey Monkey).
    b. Michell Combs reported that there are 213 active members:
    - 18 new members
        - 16 adults
        - 2 jr/yr
    - 179 returning members from 2023
        - 168 adults
        - 11 jr/yr
    - 16 returning members from prior years
        - 16 adults

- 48 members have not renewed (from 2023 to 2024)
    - 43 adults
    - 5 jr/yr

10. **Education Committee –** Cathy Jones will be following up with a report to the Board.
11. **Communications Committee –** Beth Martinec completed the Summer Heat show program which was shared via print, social media and emailed to our members. It was 32 pages long and provided our competitors with information about the show, day sheets, roster, sponsors, vendors and advertisers.
    a. The Summer Heat show had 853 page visits to Facebook with a reach of 2,100 people. Cumulatively, content interactions increased 44% from prior Summer Heat show in 2022.
    b. Outstanding items: Ironing out how we link the Instagram account to the Facebook page to build following as well as continuing to build out a "framework" of how to recognize sponsors.
12. **Awards Committee –** We have plenty of ribbons left over for the November show. Discussion surrounding future Year End awards and qualification for these awards will be done within Committee.
13. **Nomination Committee –** The Nominating Committee is meeting Tuesday, June 18 to begin the process of reviewing and updating our Bylaws and Standing Rules. Tania Radda made the motion to approve Paula Nelson as the Chair of the Young Rider/JR committee, seconded by Michell Combs.
14. **Futurity –** Currently have one entry for next year.
15. **Equipment –** No report submitted.
16. **Fundraising Committee -** The Summer Heat show fundraising was a great success with $18,810 raised which is a show record, other than Regionals. Communication to members for the need to sponsor classes and rings and the high cost of renting WestWorld resulted in: 4 Gold Sponsors; 3 Silver Ring Sponsors and 3 Silver Hospitality Sponsors (ice cream/YE Awards); 7 Bronze Sponsors, 47 Class/Banner/Ad Sponsors (138 Class Sponsors); High Point Sponsors; and Prizes/Competitor Gift Sponsors.
17. **Junior/Young Riders Committee -** See comments within Nomination Committee.
18. **New Business –** Motion made by Tania Radda to ratify the addition of a dressage ring for $3,000 and radios for $325, as well as the addition of 6 more additional radios for $280, seconded by Cynthia Ganem. Motion made by Tania Radda for additional changes to fundraising program as listed on website, seconded by Ann Damiano. Motion made to update ADA bank account representatives to the President, Treasurer and Secretary, seconded by Susan Skripac. Motion was made by Ann Damiano to approve of the NAC's ADA Operational Rules as presented, seconded by Cynthia Ganem.
19. **Call to Members –** Members may be recognized by the Presiding Officer and may then address the Board regarding issues of concern to the Association. The Presiding Officer has the right to limit the amount of time that each Member has to address the Board.

Announcement of Next Meeting – Next meeting on September 9 at 6:30pm. ADA Members are invited to the meeting. Contact Tania Radda by phone or email for details. Email: taniaradda.ada@gmail.com Phone: 480-235-7654. **Adjournment:** Meeting adjourned at 8:40 p.m.

Respectfully Submitted by:

Rebecca Bruening on behalf of Rebecca M. Lindy

Secretary

USDF REGION FIVE

July 2024 Region 5 Message

Summer is here and shows seem to be doing very well again this year. It's exciting to see our Region thriving! Colorado still has almost all of their shows filling either on opening day or within a few days of opening day. The demand for shows hasn't decreased this year and that's good news as we continually face tougher times with higher prices for diesel and many other staples such as shavings and hay and nationwide inflation. I hope things continue to flourish and I really hope it's a sign that our sport is experiencing a resurgence and growth period.

We are very excited to be heading to the 2024 USDF Region 5 Championships in Colorado this year. Regionals haven't been held in Colorado for 5 years and it's nice to be returning to the Colorado Horse Park. We cannot thank the Rocky Mountain Dressage Society enough for their hard work in this endeavor. The 2024 dates will be September 19-22 at the Colorado Horse Park in Parker, Colorado. The Regional Championships will be preceded on September 18th by the Pro Elite / USDF Breeders Rocky Mountain Series Sport Horse Championships as well, so think about bringing some of your youngsters! In 2025 the Regionals will be heading back to Colorado and will be hosted by the Rocky Mountain Dressage Society at the Colorado Horse Park September 18-21, 2025.

The 2024 USDF Convention will be December 4-7 in Houston, Texas. Please plan to join us for a great week!

All breed declarations for USDF Year End awards are due for horses by August 1st without late fees, so if you're interested in awards and have a new to you horse, don't forget to get them turned in! Here's the link: http://www.usdf.org/docs/awards/all-breeds/DeclarationForm.pdf

We have 1 Junior and 1 Young Rider on our nominated entry for the 2024 NAYC in Traverse City, Michigan. We're very excited to have a couple of great girls going to represent Region 5. It's an expensive venture and they could use your help. If you would like to contribute or help with their fundraising efforts, please contact Joan Clay, our Region 5 Jr/YR FEI coordinator at jnclay@comcast.net or 970-420-0877. These young adults work very hard, as do their parents, trainers and friends and every little bit of support is greatly appreciated.

The qualifying period for the 2024 USEF Championships Programs for Young Horses, Developing Horses, Children, Ponies, Young Riders, Juniors and U25 Grand Prix will close near the end of July. We wish all our intended competitors good luck in their endeavors for those championships as well.

Several important **DEADLINES** are coming up:

- USDF National and Regional GMO volunteer nominations, as well as GMO award nominations, are due to the USDF office by August 31.
  - GMOs can submit nominations for Newsletter Awards, Website Awards, and Photography Awards. Don't forget that all nominations are due to the USDF office by **August 31.** No more submitting hard-copy nominations! See the nomination forms for detailed information.
  - Regional GMO Volunteer of the Year nominations can be submitted by any participating member, group member or the Region Director. https://www.usdf.org/docs/GMOFlash/web/Forms%5CRegionalGMO_VOYAward.pdf?t=6/26/2024%201:49:14%20PM
  - One deserving group member will receive the Ruth Arvanette Memorial Fund Grant to attend the 2024 Adequan/USDF Annual Convention in Houston, Texas. The grant includes full convention registration and partial reimbursement for travel expenses. Applications due by **August 31**
- GMOs must return their GMO Delegate/Proxy Authorization form to the USDF office to appoint representation to the Board of Governors meeting at the USDF Annual Convention.

A couple of cool educational events coming up:

- Kristi Wysocki clinic at Las Campas in Santa Fe, New Mexico July 15th-18th. For more information, please contact Meg Osman at megpurefitness@me.com or 505.310.6999.
- The USDF Region 5 FEI Jr/YR Clinic with George Williams will be October 19-20, 2024 at Nighthawk Equestrian Center in Longmont, Colorado. For more information, please see www.usdf.org.

If you have news you'd like to share, please let me know, we're happy to get it out and about for you.

Till next month!
Heather Petersen

Region 5 Director

Managing Fear and Anxiety in the Saddle

~by Dr. Leslie Sherlin

For many dressage riders, the journey to mastering the art of riding is filled with moments of triumph and joy. However, it's also common to encounter fear and anxiety along the way. Take, for instance, a rider named Sarah. Sarah had always loved horses and had been riding since she was a child. But as she progressed in her dressage training, the stakes got higher. The pressure to perform well in competitions and the fear of making mistakes began to creep in. One particularly tense day, just before entering the arena for a major competition, Sarah's heart raced, her palms were sweaty, and her mind was filled with doubt. She wondered if she could even make it through the test without falling apart.

The truth is, fear and anxiety in the saddle are common experiences that can significantly impact a rider's performance and enjoyment of the sport. Additionally, a rider's emotional state can influence their horse's reactivity and ability to remain calm, creating a cycle of tension that can be challenging to break. But with the right strategies, these emotions can be managed effectively, allowing riders to regain their confidence and focus.

Managing fear and anxiety in dressage riding is crucial for both rider performance and horse well-being. By understanding the common sources of these emotions and implementing practical strategies such as controlled breathing, visualization, mindfulness, and seeking support, riders can build confidence, maintain focus, and enjoy their riding experience to the fullest.

The purpose of this article is to identify the common sources of fear and anxiety in dressage riding and provide practical, actionable strategies to help riders overcome these challenges. By implementing techniques such as controlled breathing, visualization, mindfulness, and seeking support, readers will be equipped with tools to enhance their confidence, focus, and overall enjoyment in the sport of dressage.

Common Sources of Fear and Anxiety for Riders

Fear and anxiety are common experiences for dressage riders, often stemming from various sources that can significantly impact their performance and enjoyment of the sport. Understanding these sources is the first step toward managing and overcoming them. By recognizing the specific triggers of anxiety, riders can begin to address them with targeted strategies.

Performance Pressure

One of the most significant sources of anxiety for dressage riders is performance pressure. This type of anxiety often arises in competitive settings, where the desire to excel and achieve high scores can become overwhelming. Performance anxiety in dressage is rooted in the high expectations that riders set for themselves, as well as the pressures from external sources such as coaches, judges, and spectators. The structured and precise nature of dressage tests requires riders to perform a series of complex movements with accuracy and grace, all while communicating with a partner who does not speak the same language and relies on emotional and body cues to understand what is expected. This dynamic adds another layer of complexity and potential anxiety, as riders must manage not only their own emotions and behaviors but also those of their horse.

In competitive settings, various environmental factors can exacerbate performance anxiety. Weather conditions, unfamiliar venues, and the presence of noise and large crowds can all influence both the rider and the horse. For example, a sudden change in weather might make the footing less secure, or the horse might react to unexpected noises from the audience. These factors, combined with the months or even years of preparation and the high stakes of the competition, contribute to the overall pressure and anxiety that riders experience.

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Examples of How Performance Anxiety Manifests in Dressage Riders

1. **Physical Tension:** One common manifestation of performance anxiety is physical tension. Riders may find their muscles becoming tight and rigid, which can affect their ability to move fluidly with their horse. For instance, a rider might grip the reins too tightly, leading to a lack of softness in their hands, or hold their breath during a test, causing their posture to become stiff and unyielding. This tension can be felt by the horse, often resulting in a lack of harmony and responsiveness. A tight, tense rider can inadvertently cue the horse to become tense and anxious as well, leading to movements that can negatively impact their performance.
2. **Overthinking:** Another way performance anxiety can manifest is through overthinking. Riders might become preoccupied with every detail of their performance, from the precision of their movements to the potential reactions of the judges. This mental clutter can disrupt their focus and prevent them from riding instinctively. For example, a rider might second-guess their cues during a test, leading to delayed or unclear signals to the horse. This hesitation can cause the horse to misinterpret the rider's intentions, resulting in mistakes such as incorrect leads, uneven gaits, or missed transitions. Additionally it is worth noting that we cannot simultaneously analyze what movement to execute and execute the movement. There is a sequence of mental and physical processes that are required in order to execute effectively and overthinking clogs up this sequence.
3. **Fear of Mistakes:** The fear of making mistakes is a powerful source of anxiety for many dressage riders. This fear can cause riders to become overly cautious and hesitant, which can hinder their ability to execute movements confidently. An example of this is a rider who, during a canter transition, hesitates and inadvertently sends mixed signals to their horse, resulting in an unbalanced or incorrect transition. This fear can also lead to a lack of assertiveness in the rider's aids, causing the horse to become confused or resistant. The rider's lack of confidence can be sensed by the horse, amplifying the potential for errors and further increasing the rider's anxiety.

By recognizing and understanding these manifestations of performance anxiety, riders can begin to develop strategies to manage and mitigate their effects, ultimately improving their performance and enjoying their time in the saddle more fully.

Fear of Falling or Being Injured

Fear of injury is another prevalent concern among dressage riders. Riding inherently involves risks, and the possibility of falling or sustaining an injury can be daunting. The fear of falling or being injured is a significant source of anxiety for many dressage riders. This fear is not unfounded, as riding is a physically demanding sport that requires riders to maintain balance and control over a large and powerful animal. Even the most experienced riders are not immune to accidents, and the potential for injury is always present. This fear can be particularly intense for riders who have previously experienced a fall or injury, as the memory of pain and recovery can linger and create ongoing anxiety.

Impact of Past Experiences or Witnessed Accidents

Past experiences of falling or being injured can profoundly impact a rider's confidence and sense of security. For example, a rider who has fallen off during a challenging movement might develop a heightened sense of fear when attempting the same movement again. This fear can cause them to tense up or hesitate, increasing the likelihood of another fall. Additionally, witnessing accidents involving other riders can also instill fear. Seeing a fellow rider get injured can serve as a stark reminder of the risks involved, making it difficult to shake off the anxiety. At times this is unavoidable, however if your social media feed looks like mine, you will find an endless source of "fails" in your reel. We need to spend less time mentally rehearsing "fails" and more time visualizing our own successes.

Examples of How Fear of Injury Manifests in Dressage Riders

1. **Over-Cautious Riding:** One manifestation of the fear of injury is overly cautious riding. A rider who is afraid of falling might become excessively careful in their movements, avoiding any risks. For instance, they might refrain from asking

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their horse for a more extended trot or canter, sticking to slower, safer gaits. This caution can limit their progress and prevent them from fully engaging with the training process.

2. **Avoidance of Certain Movements:** Another way fear of injury can manifest is through the avoidance of specific movements or exercises. A rider who has previously fallen during a lateral movement, such as a leg yield or shoulder-in at a bigger gait, might avoid practicing these movements altogether. This avoidance can create gaps in their training and hinder their overall development as a rider.
3. **Tension and Hesitation:** Fear of injury can also lead to physical tension and hesitation. For example, a rider might tense up when approaching a movement that feels risky, such as a flying change or a pirouette. This tension can disrupt their communication with the horse, leading to awkward or incorrect execution of the movement. The horse, sensing the rider's fear, might also become tense and unresponsive, further compounding the issue.

Fear of Failure

Fear of failure is a psychological barrier that affects many dressage riders. The pressure to meet personal expectations or the expectations of others can create a fear of not measuring up. Fear of failure often stems from the high standards that riders set for themselves, as well as the expectations placed upon them by coaches, peers, and judges. This fear is compounded by the highly visible nature of dressage competitions, where every movement is scrutinized and scored. Riders might worry about not achieving their goals or letting down those who support them. This fear can be paralyzing, leading to self-doubt and a lack of confidence.

The fear of failure can have a profound impact on both training and competition. In training, riders might be reluctant to push themselves or try new techniques for fear of making mistakes. This can lead to stagnation and a lack of progress. In competition, the fear of failure can cause riders to overthink their performance and second-guess their decisions, leading to errors and a lack of flow in their tests.



Examples of How Fear of Failure Manifests in Dressage Riders

1. **Reluctance to Take Risks:** One way the fear of failure manifests is through a reluctance to take risks. A rider who is afraid of failing might avoid trying new movements or pushing for higher scores. For example, they might stick to familiar exercises and routines rather than attempting more challenging ones that could lead to greater improvement but also carry a higher risk of mistakes.
2. **Negative Self-Talk:** Another manifestation of the fear of failure is negative self-talk. Riders might engage in critical inner dialogue, focusing on their perceived shortcomings and mistakes. For instance, after a less-than-perfect ride, a rider might mentally berate themselves for every error, reinforcing their fear of failure and undermining their confidence.
3. **Perfectionism:** Fear of failure can also lead to perfectionism, where riders set unrealistically high standards for themselves and become distressed by any deviation from these standards. A perfectionist rider might obsess over

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minor details, such as the exact angle of a shoulder-in or the precise timing of a transition. This obsession can create immense pressure and anxiety, making it difficult to enjoy the riding experience.

By recognizing and understanding these manifestations of fear of injury and fear of failure, riders can begin to develop strategies to manage and mitigate their effects, ultimately improving their performance and enjoying their time in the saddle more fully.



Practical Strategies for Overcoming Fear and Anxiety

Fear and anxiety in dressage riding can be effectively managed through various practical strategies. By incorporating techniques such as controlled breathing, visualization, mindfulness, and seeking support, riders can enhance their confidence and focus, leading to improved performance and a more enjoyable riding experience.

Controlled Breathing Techniques

Controlled breathing is a powerful tool for managing anxiety. By regulating your breath, you can directly influence your nervous system, promoting a state of calm and relaxation. This technique helps to reduce the physical symptoms of anxiety, such as a racing heart and tense muscles, allowing riders to maintain composure and focus.

Step-by-Step Guide on a Simple Breathing Exercise (e.g., 4-7-8 Breathing Technique)

The 4-7-8 breathing technique is a simple and effective way to calm the nervous system. Here's how to practice it:

1. **Inhale:** Close your mouth and inhale quietly through your nose for a count of 4 seconds.
2. **Hold:** Hold your breath for a count of 7 seconds.
3. **Exhale:** Exhale completely through your mouth for a count of 8 seconds, making a whooshing sound.
4. **Repeat:** Repeat this cycle three to four times, or until you feel a sense of calm and relaxation.

Practicing this breathing exercise regularly, both in and out of the saddle, can help riders manage their anxiety effectively.

Visualization

Visualization is a mental rehearsal technique that allows riders to build confidence and prepare for their performance. By vividly imagining a successful ride, riders can create a mental blueprint of their desired outcomes. This practice helps to reinforce positive expectations and reduce anxiety, making the actual performance feel more familiar and achievable.

Example of a Visualization Exercise Focusing on a Successful Ride

To practice visualization, find a quiet place to sit or lie down. Close your eyes and take a few deep breaths to relax. Then, follow these steps:

1. **Imagine the Venue:** Picture the competition arena in your mind, including details like the layout, the letters marking the dressage ring, and any other visual elements.

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2. **Visualize Your Ride:** Imagine yourself riding through your test flawlessly. Visualize each movement, from the initial halt and salute to the final movement, focusing on the accuracy and fluidity of your performance.
3. **Engage All Senses:** Try to engage all your senses in the visualization. Feel the rhythm of your horse's movements, hear the sounds of the arena, and see the audience and judges watching your ride.
4. **Positive Emotions:** Focus on the positive emotions associated with a successful ride, such as confidence, joy, and satisfaction.

Regular visualization can enhance a rider's confidence and focus, making the actual performance feel like a well-rehearsed routine.

Mindfulness Practices

Mindfulness involves staying present and fully engaging with the current moment. For riders, mindfulness can help maintain focus and reduce anxiety by encouraging a non-judgmental awareness of their thoughts, feelings, and physical sensations. This practice can enhance the connection between rider and horse, promoting a more harmonious and effective partnership.

Simple Mindfulness Exercises to Practice Before and During Riding

1. **Grounding Yourself:** Before mounting, take a few moments to ground yourself. Stand next to your horse, close your eyes, and focus on the sensations in your body, such as the feeling of your feet on the ground and the air on your skin. Take a few deep breaths to center yourself.
2. **Mindful Breathing While Riding:** While riding, practice mindful breathing by focusing on the rhythm of your breath. Match your breath to your horse's movements, inhaling as you rise in the trot and exhaling as you sit.
3. **Body Scan:** Periodically perform a body scan while riding. Starting from your head, slowly move your attention down to your toes, noticing any areas of tension and consciously relaxing them.

These mindfulness practices can help riders stay calm and focused, reducing the impact of anxiety on their performance.

Building Confidence Through Incremental Steps

Setting small, achievable goals is crucial for building confidence in dressage riding. Instead of aiming for perfection, riders should focus on incremental progress. This approach helps to create a sense of accomplishment and reduces the pressure to perform flawlessly.

Examples of Incremental Steps in Training to Build Rider Confidence

1. **Mastering Specific Movements:** Break down complex movements into smaller, manageable parts. For example, if working on a flying change, start by perfecting the canter transition before attempting the full movement.
2. **Gradual Increase in Difficulty:** Gradually increase the difficulty of training exercises. Begin with simpler tasks and slowly introduce more challenging elements as you and your horse become more confident.
3. **Celebrating Small Successes:** Acknowledge and celebrate small successes along the way. Whether it's a perfectly executed transition or a smooth halt, recognizing these achievements can boost your confidence and motivation.

By setting and achieving these incremental goals, riders can build a strong foundation of confidence and reduce anxiety.

Seeking Support

Talking about fears and anxieties with a coach or fellow riders can be incredibly beneficial. Open communication can provide reassurance and practical advice, helping riders feel less isolated in their experiences. Coaches can offer tailored strategies to address specific fears, while fellow riders can share their own experiences and coping mechanisms.

Potential Benefits of Professional Support from a Sports Psychologist

Seeking support from a sports psychologist can offer professional strategies to manage fear and anxiety. Sports psychologists are trained to help athletes develop mental skills that enhance performance and well-being. They can provide

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personalized techniques tailored to an individual's specific needs and challenges, such as cognitive-behavioral strategies, relaxation techniques, and performance planning.

Professional support can be particularly beneficial for riders struggling with persistent anxiety, helping them to build resilience and achieve their full potential in the sport.

By incorporating these practical strategies, dressage riders can effectively manage their fear and anxiety, leading to improved performance and a more enjoyable riding experience.

Conclusion

Managing fear and anxiety in dressage riding is essential for both rider performance and horse well-being. We explored the common sources of these emotions, including performance pressure, fear of injury, and fear of failure. It's important to remember that managing fear and anxiety is a journey. Every rider, regardless of their experience level, will face these challenges at some point. The key is to approach this journey with patience and persistence. Implementing the strategies discussed in this article can help riders build confidence, maintain focus, and foster a more positive riding experience. Celebrate small victories along the way and be kind to yourself and others as you navigate through the ups and downs of this process.



About the Author: Leslie Sherlin, PhD, PhD, MAC, MSc, MAPH, LPC, CMPC, NCC, BCC, BCN, BCB, ECP, QEEGDL, CTP, is a dedicated dressage rider, Certified Sport Psychology Consultant, and Licensed Professional Counselor with years of experience in equestrian sports. Having helped elite athletes across the world, he is passionate about helping other riders manage fear and anxiety to achieve their full potential. Dr. Sherlin combines his expertise in mental performance with his love for dressage to provide practical advice and support to the riding community.

Contact Information: For more tips and guidance, you can reach Dr. Sherlin at leslie@drsherlin.com or by visiting https://sherlinconsultinggroup.com.

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Equestrian Center in Temecula Proposed as New Venue for LA28 Equestrian Events

From the Fédération Equestre Internationale Communications Department

Lausanne, Switzerland - The Organizing Committee for the Olympic and Paralympic Games in Los Angeles 2028 (LA28) has announced plans to move equestrian and para equestrian competitions to an existing purpose-built facility in Temecula, Southern California, emphasizing sustainability, legacy, and fiscal responsibility in their decision.

The relocation of equestrian and para equestrian events, which were previously assigned to the Sepulveda Dam Recreation Area, will achieve significant cost savings by eliminating the need to construct an expensive, entirely temporary venue.

"The plan to relocate equestrian competitions to the existing Equestrian Center in Temecula is a positive development for the sport and the equestrian community," FEI President and International Olympic Committee (IOC) member Ingmar De Vos said.

"The FEI has worked closely with the Organizing Committee to evaluate and choose a venue capable of hosting all equestrian and para equestrian events with the aim of managing the overall costs and complexity."

“Importantly, the venue can also accommodate Eventing competitions which was a condition of the IOC Executive Board to include this discipline in the program of the LA28 Olympic Games. The reasoning behind the venue change also fits well equestrian sport’s sustainability ideals and aims, and for creating lasting legacies for the local community. With this important announcement we can now start working with LA28 on the field of play design and organization of the equestrian competitions.”

The LA28 Organizing Committee revised its venue plans to use more existing venues, and fewer temporary venues, to make the Olympic and Paralympic Games more sustainable while elevating the experience for athletes and fans. The new venue assignments will create more than US $150 million in combined cost savings and revenue increases for the Olympic and Paralympic Games.

The amendments to the venue master plan, that have already been approved by the IOC Executive Board, will be put forward to the City Council of Los Angeles for its formal approval in the coming months, as the proposals involve relocating the competition venues outside the city’s boundaries, and differ from the plans initially submitted during the bid.

“We are thrilled a venue has been chosen that can host all the equestrian events,” CEO of the United States Equestrian Federation Bill Moroney said.

“The announcement of the equestrian venue aligns with the IOC requirement stating all equestrian events must be held at the same location. The Equestrian Center for the LA28 Games in Temecula will be a world class international experience on the field of play for the athletes, horses, and their support teams as well as for fans and spectators alike."

“US Equestrian is proud to support equestrian sport’s inclusion in the Olympic and Paralympic programs for 2028 and is eager to work with the FEI, LA28 Organizing Committee, and the United States Olympic & Paralympic Committee to bring an extraordinary event to the USA. The LA28 Olympic and Paralympic Games hold immense potential to elevate the visibility and popularity of our sport nationwide.”

The IOC Executive Board will finalize the events, athlete quota and competition formats for the LA28 Olympic Program following the Paris 2024 Olympic Games, with a final decision expected in 2025.

The Olympic Games in Los Angeles 2028 will take place from 14 to 30 July, followed by the Paralympic Games from 15 to 27 August.

More information about updates to the venue plan for the Olympic and Paralympic Games LA28, can be found at https://la28.org/en/newsroom/la28-updates-venue-plan.html

A Rider's Guide to Surviving the Arizona Summer

~by Beth Martinec

Well, its summertime in the valley of the sun which means triple digit temperatures combined with the humidity of monsoon weather. Once again this year, they are calling for record-breaking high temperatures and we have already seen temperatures in excess of 115°. Those temperatures, combined with the humidity result in a heat index that pushes the temperature to extreme levels.



If you spend your summers here then you know that staying cool is part science and part artform, especially if you are a horseperson. It's important to know how to keep your horse cool and yourself cool as you continue riding and training.

Here are just a few tips to surviving while you enjoy your favorite obsession with your equine buddy.

1. Plan your ride time

Everyone has their favorite time to ride, but in the summers, we may have to adjust those times to handle the heat. If you have a lighted arena and you barn allows it, I highly recommend trying to ride in the evening as the sun is going down. It's amazing how much better it feels riding without the sun beating down on you. If you don't have that option then get out there as early as possible, preferably before the sun really starts coming up. I spent many years getting to the barn at 5 a.m. just to beat the sun, but now have the option of riding at night. Tough if you are not a night owl which I am not, but wow, it's so much cooler!

2. Wear appropriate clothing

There is an amazing assortment of riding apparel geared to hot weather. Get it all! From helmet visors to hi-tech fabrics for shirts and breeches, it all goes a long way to keeping you comfortable and safe as you ride. If you are still riding in old shirts and breeches, then a wardrobe upgrade is a must!

There are also a lot of cooling vests and other accessories that can be kept in the freezer and used during a ride or anytime you are feeling the effects of the heat. Our barn has a nice assortment of ice boots and ice packs that can give you a nice boost when things get really hot.

3. Pre-hydrate & rehydrate

Dink plenty of fluids on your way out the door. Whether it's just water, or a sports drink, drinking before you go out in the heat can prepare your body and give you a head-start on hydration.

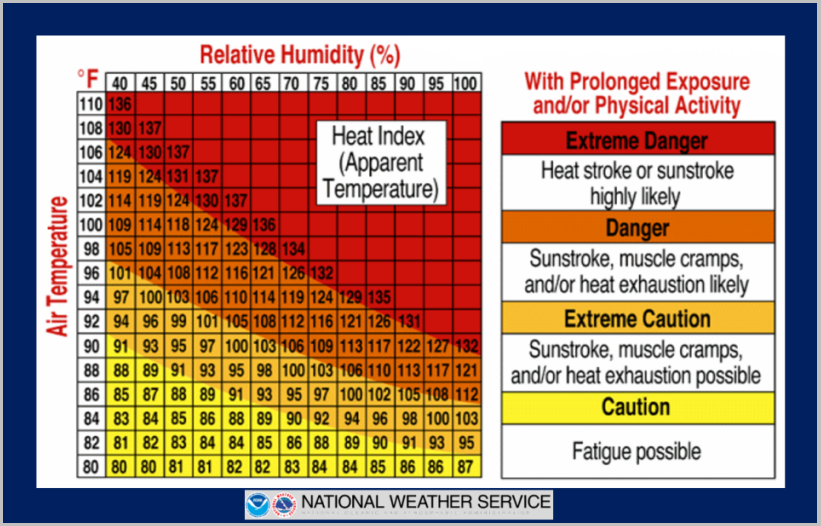
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Don't wait to start drinking until you feel thirsty. Doctors say that by the time your body is telling you you're thirsty, it's already dehydrated anywhere between 15-25%. They say that most people don't even drink enough water as part of their daily routine, so drink more than you think you need if you want to stay hydrated in the heat.

Water is always the best way to hydrate, but there are also many sports drinks and water additives that can give you a boost and add electrolytes if you are out in the heat for extended periods of time.

The Heat Index, sometimes referred to as the apparent temperature, is a measure of how hot it really feels when relative humidity is factored with the air temperature. To find the Heat Index temperature, look at a Heat Index chart like this one.



4. Limit your initial exposure

If you are new to the Phoenix summer be extra careful. It takes time to become used to the extreme temperatures and even though the heat is mostly a "dry heat", that dryness means dehydration happens quickly.

As you get used to the heat, your body changes to adapt and become more resilient. Your body begins to sweat at lower temperatures and sweat more heavily. The blood flow to your skin also improves to keep your core temperature regulated.

It will take time to get used to the high temps, so take it slow over several weeks. Pay attention to the signs your body is giving you and how you feel. If you are riding on your own, make sure you take more breaks than you usually would, and if you are in a lesson, remind your trainer that you are not used to the heat, so they give you plenty of breaks too. Also limit the total amount of time you are out in the heat; short visits over many days will be better than trying to tough out your usual two-hour trip.

5. Medication + heat -

There are a lot of medications that can make people more vulnerable in the heat. Certain blood pressure drugs can cause heat-related issues, as can anticholinergic medications, anticonvulsants, bladder medications, and sedatives. A lot of these

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medications work by getting rid of excess fluid in the body – basically, they dehydrate you. If you are unsure about the way your medication could affect you in the heat, ask your doctor. If you are taking on one these medications, be sure to take more breaks and limit your exposure.

6. Don't mix alcohol and heat

This might be an obvious one, but we do love a good happy hour! Just be aware that alcohol increases dehydration so drink lots of water while you enjoy time with your barn buddies.

7. Know the signs of heat stress

Don't ignore how your body feels in this heat. Don't brush it off and think you can just get though it. No one will think less of you.

The early warning signs that you are overheating may not feel like much. Signs of overheating include sweating, fatigue, dizziness, and headache. You might also feel nauseous or lightheaded.

Ignoring these signs can rapidly escalate into full heatstroke where your body can overheat to the point that you won't be able to drink enough fluids to reverse the cycle that your body is in.

Symptoms of heat stress can quickly become more serious, turning into heatstroke. Signs of heatstroke include muscle cramping, delirium, a high body temperature (103-105), nausea and vomiting, and rapid breathing and heart rate. Call 911 immediately if you or anyone you know starts exhibiting any of these symptoms! If survived, heatstroke can cause permanent damage to internal organs including your brain. Doctors say that many people wait too long before getting help. Don't be a statistic.

While you are waiting for emergency responders, move the person to an air-conditioned space, even a car with the AC on will work. Give them water or a sports drink and wet their skin, and you can remove unnecessary clothing such as helmets, boots, and socks.

NORTHERN ARIZONA CHAPTER
ARIZONA DRESSAGE ASSOCIATION

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2024 Schooling Show & Clinic Dates

March 16th – Clinic- Kerry Picken- Equestrian Pilates –Williamson Valley

May 18th – Schooling Show- Dori Vlatten-Schmitz – Chino Valley Eq Park

June 1st – Clinic- Michell Combs – American Ranch, Prescott

July 20th – Schooling Show- Krista Peek – American Ranch, Prescott

Sept 7th – Schooling Show- Michell Combs – Chino Valley Eq Park

VISIT OUR WEBSITE

www.nacofada.com

2024 CALENDAR OF EVENTS

JANUARY

12-14: CARA Champagne I & II

FEBRUARY

3-4: ADA Spring Celebration: WestWorld, Scottsdale

MARCH

9-10: TDC March Madness: Pima Country Fairgrounds, Tucson

16: NAC Clinic Equestrian Pilates with Kerry Picken: Williamson Valley

APRIL

20-21: Dressage at Bar A

24: ADA Western Dressage in The Desert: WestWorld, Scottsdale

MAY

18: NAC Schooling Show: Chino Valley Equestrian Park

JUNE

1: Clinic with Michell Combs: American Ranch, Prescott

7-9: Roadrunner I: Pima Country Fairgrounds, Tucson

15-16: ADA Summer Heat: WestWorld, Scottsdale

JULY

20: NAC Schooling Show: American Ranch, Prescott

AUGUST

16-17: Roadrunner II: Pima County Fairgrounds, Tucson

SEPTEMBER

7: NAC Schooling Show: Chino Valley Equestrian Park, Michell Combs

OCTOBER

NOVEMBER

2-3: ADA Fall Fiesta: WestWorld, Scottsdale

9-10: TDC Fall Festival I & II: Pima Country Fairgrounds, Tucson

DECEMBER

Our Mission:

The Arizona Dressage Association is a not-for-profit organization whose goal is to promote the advancement of classical dressage through educational opportunities and programs, and the rigorous evaluations received at recognized and schooling dressage shows.

ARIZONA DRESSAGE ASSOCIATION
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