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ARIZONA DRESSAGE ASSOCIATION
THE CENTERLINE

JUNE 2026

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ARIZONA DRESSAGE ASSOCIATION
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Your Voice Matters—

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 15th of the month.*

Ideas for Submissions

Letters to the Editor: Submit your comments, suggestions, or opinions relating to the sport of dressage. The Centerline Editor reserves the right to edit submitted content for clarity, tone, and space.

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.*

***Product Endorsements/Advertising** In most cases, products and services are considered paid advertising. Articles that are negative in nature concerning a particular product will not be considered for publication.*



FROM THE EDITOR'S SEAT

There's a saying that Arizona horsemen aren't fair-weather riders - and June is when we prove it! While many people retreat indoors when temperatures climb, horse owners know that caring for, conditioning, and competing with our horses through an Arizona summer requires dedication, planning, and a healthy respect for the heat.

In this issue, you'll find practical tips in *Ready for the Heat? Summer Essentials to Keep You and Your Horse Healthy*, expert guidance on *Conditioning Horse and Rider for Summer in the Saddle*, and a Supplements Spotlight focused on electrolyte support. We also invite you to join our upcoming educational webinar, *Beyond Sweat: What Arizona Heat Is Really Doing to Your Performance Horse*, presented by Dr. Clair Thunes.

Stay cool, stay hydrated, and as always, thank you for being part of the Arizona Dressage Association community.

Callie Bonine
The Centerline, Editor

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Cover Image: ADA Member Mariska Sherlin with clinician Patrick King, at Chaparosa

FROM THE PRESIDENT

As we settle into the summer season, I want to take a moment to thank everyone who helped make our Summer Heat recognized show such a success. From competitors and volunteers to sponsors and organizers, it was wonderful to see our dressage community come together for a fantastic weekend at WestWorld. We look forward to sharing results, photos, and highlights in next month's issue.

This month also marks an exciting milestone for dressage in Arizona as the Northern Arizona Chapter transitions into the newly formed Northern Arizona Dressage Club. While operating as its own nonprofit organization, NADC will continue to collaborate closely with ADA as both organizations work to expand educational opportunities and support riders throughout the state.

We are also proud to continue investing in our members through expanded travel grant support for high-performing competitors and by recognizing outstanding individuals such as scholarship recipient Mariska Sherlin. Her article, *Pushing Past the Comfort Zone*, is a wonderful reminder of the growth that happens when we challenge ourselves and pursue our goals.

Thank you for being part of the Arizona Dressage Association. Together, we continue to strengthen and grow our dressage community, and I look forward to seeing what we accomplish in the months ahead.

Ann Damiano
President
Arizona Dressage Association

MEMBER VOICES

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



SUBMIT TO: centerline@azdressage.org

FEATURES

Pushing Past the Comfort Zone

An ADA Scholarship Recipient Reflects on Three Days with Patrick King

By Mariska Sherlin

Thanks to a scholarship from the Arizona Dressage Association, I had the opportunity to attend a three-day clinic with Patrick King at Chaparosa Ranch this spring. Patrick has been a central figure in my development as a rider for several years now, and although we work together weekly through online lessons, it had been over a year since I had the chance to train with him in person. As much as I value what we accomplish through the screen, there is simply no substitute for being in the same arena with your trainer, feeling their energy, hearing the nuance in their voice in real time, and having them right there to adjust something in the moment.

Going into the clinic, I was most excited about that in-person connection. Online lessons have taught me so much, but the immediacy of live instruction changes everything. You pick up on things you cannot feel through a screen, both in your own body and in your horse, and the learning happens faster because the feedback loop is so much tighter. I was not nervous exactly, but I did feel a sense of anticipation about what Patrick would see in my riding after all this time working remotely and whether the progress I had been making at home would hold up under his eye.



Mariska Sherlin with clinician Patrick King, at Chaparosa Ranch

One of the unexpected gifts of the clinic was how much time we spent on in-hand work. I had come expecting to focus primarily on my riding, but Patrick introduced a variety of groundwork skills that I had not anticipated. What surprised me was how immediately useful they were. These were not exercises that felt separate from the ridden work but rather a deeper layer of the same conversation I was having with my horse under saddle. I have already begun incorporating them into my daily routine, and they have changed the way I think about groundwork as a foundation for everything we do together.

Pushing Past the Comfort Zone Continued

When it came to the ridden work, it is hard to single out one piece of feedback from three full days of instruction, but something Patrick said about rein aids has stayed with me more than anything else: the inside rein can help with the emotional tension while the outside rein stabilizes and shapes it. That idea, the distinction between managing the horse's emotional state through one hand and shaping the physical balance through the other, gave me a completely new way to think about what I am doing with my aids and why. It sounds simple when you say it, but feeling it in practice was a moment of real clarity for me.

That clarity carried into what became the most memorable moment of the entire clinic. Patrick pushed me past my comfort zone into a bigger, more powerful movement than I had been willing to ask for on my own, and for the first time I started to find the balance in it. There is a real difference between knowing intellectually that your horse is capable of more and actually feeling that power underneath you, trusting it, and learning to stay with it rather than pulling back. I had been holding us both back without fully realizing it, and that moment of letting go and riding into something bigger was a turning point for me.

Since coming home, that shift has stayed with me. I am more comfortable pushing both myself and my horse to do better now that I know we are capable of it. The clinic also gave me new knowledge about how to build specific muscle groups that my horse needs in order to perform at her best, and that has given my training at home a sense of direction and purpose that it did not have before. I find myself approaching each ride with a clearer plan and more confidence in where we are headed.

I have already begun incorporating groundwork skills into my daily routine, and they have changed the way I think about them as a foundation for everything we do together.

To any junior or young rider thinking about applying for an ADA scholarship, I would say do it without hesitation. It is an incredible opportunity, and it is amazing that the ADA invests in its riders in such a meaningful and personal way. This scholarship made a real difference in my development, and the experience I gained during those three days is something I will carry with me for a long time.

I have many people to thank for making this experience possible. Patrick King has been an inspiration in my life and continues to teach me the tools to become the kind of mindful, thoughtful equestrian I want to be. My father has always given me the confidence boost when I need it, or knocked me down a few pegs when my ego gets ahead of me, all while constantly supporting and being involved in my passion for horses. My mother is my biggest cheerleader and gives it her all to make sure my dreams come true, even when it means 4:00 a.m. mornings and long days at the barn. And I want to thank the Arizona Dressage Association for choosing me for this scholarship and for always making me feel like part of the community for the sport that we all love.

The Arizona Dressage Association is proud to offer a selection of scholarships and grants to support the educational advancement and competitive aspirations of our members.

LEARN MORE HERE!

FEATURES

An Exciting New Chapter for Dressage in Northern Arizona

The Board of Directors of the Arizona Dressage Association and the Board of Directors of the Northern Arizona Chapter (NAC) are delighted to share an exciting update about the next chapter of dressage in Northern Arizona.

Beginning June 18th, the NAC will transition from being a formal Chapter of the ADA to becoming its own Arizona nonprofit organization—the Northern Arizona Dressage Club—while continuing to collaborate closely with the ADA. This new structure will allow NAC to expand its educational programs, grow its competition offerings (including plans for new rated shows), and deepen its support for riders throughout the Quad-City Area (Prescott/Prescott Valley, Chino Valley, Verde Valley, Dewey-Humboldt) and beyond. Please visit their new website (still in development) here: **https://nazdressage.org/**.

After two years of dedicated leadership as **NAC President, Beth Mulcahy w**ill be passing the reins to incoming **President Lisa Darling.** Beth will remain actively involved on the Board and will lead NAC fundraising efforts. The new Board also includes:

1. **Lynne Trenery Freeman, Vice-President**
2. **Rebecca O'Connor, Treasurer**
3. **Sabine Preisinger, Secretary**
4. **Kay Turner, Volunteer Coordinator**
5. **Kate Goshorn, Awards & Communications**
6. **Tristan Lloyd, Assistant Show Manager & Website Manager**

The NAC recently wrapped up a highly successful clinic with **Clinician, Trainer, and USEF "S" Judge Dolly Hannon**, and is already gearing up for its July 18th Schooling Show (entries open through July 10th) and first **Level I rated show on Saturday, August 8th, 2026.** This event, the **"Roadrunner North Show"**, will be hosted by Rosemary Panuco at American Ranch with Judge Renee Johnson. All currently scheduled NAC shows and events will continue as planned—with even more opportunities on the horizon.

This transition represents a positive, forward-looking step for dressage in Arizona. Both organizations remain committed to working together in support of our shared mission: fostering education, community, and excellence for riders, horses, and the sport we all love. We are genuinely excited for the opportunities this new structure creates and look forward to continued partnership in the years ahead.



SUMMER ESSENTIALS

THE HIDDEN COST OF SUMMER HEAT

Beyond Sweat: What Arizona Heat Is Really Doing To Your Performance Horse.

WEBINAR
LIVE



Dr. Clair Thunes
M.S., Ph.D., P.A.S.

Tuesday, June 23
6:00–7:00 PM MST

SIGN UP NOW!

$20 - ADA Member
$30 - Non-Member
FREE - ADA JR/YR

Learn how summer heat impacts performance, recovery, gut health, and overall well-being—and discover practical strategies to help your horse thrive through the challenges of an Arizona summer.

As Arizona horse owners, we often focus on hydration, electrolytes, and keeping our horses sweating normally during the summer months. But heat stress is far more complex than simply replacing fluids.

Long before a horse shows obvious signs of distress, prolonged heat exposure can affect gut function, immune health, recovery, metabolic efficiency, and athletic performance. Whether you're managing a competitive dressage horse, an active sport horse, or a beloved partner in regular work, understanding how heat impacts the body is essential to keeping horses healthy and performing at their best.

Join equine nutrition expert Dr. Clair Thunes as she explores the different forms of heat stress, how elevated temperatures affect multiple body systems, and the practical nutrition and management strategies that can help minimize its impact. You'll leave with actionable tools to support your horse's health, performance, and recovery throughout the Arizona summer.

About the Speaker

Dr. Clair Thunes is the owner and consultant at Clarity Equine Nutrition and works with a wide range of horses—from U.S. Olympic team horses to retired companions, horses with complex medical conditions, and even miniature donkeys. She also consults with select feed and supplement companies and hosts the popular Scoop & Scale podcast, which reaches listeners in more than 100 countries and territories.

An active ADA member, Dr. Thunes holds a B.S. in Agricultural Science and Animal Science from Edinburgh University, an M.S. in Animal Science, and a Ph.D. in Nutritional Biology from the University of California, Davis. When she's not consulting, she enjoys Pony Club, IEA, dressage, trail riding, and supporting her daughter Felicity's equestrian pursuits.

In this presentation, we will explore the different forms of heat stress in horses, how heat affects multiple body systems, and practical nutrition and management strategies that can help minimize its impact.

Attendees will leave with a better understanding of how to support health, performance, and recovery throughout the challenges of an Arizona summer.



Conditioning in Arizona's Heat

Ride Safe When Temperatures Rise

Riding in places like Arizona comes with a unique challenge - heat and dryness that can impact both you and your horse faster than you realize. Conditioning in this environment isn't about pushing harder. It's about protecting energy, hydration, and recovery so you can ride consistently and safely.

Time of Day Matters More Than You Think

In hot climates, when you ride is just as important as how you ride.

Best options:

- Early morning (before 9 AM)
- Evening (after sunset)

Even a 10–15 degree difference can significantly reduce strain on both you and your horse.

Hydration Is a Performance Tool

In dry climates, sweat evaporates quickly - so you may not realize how much fluid is being lost.

For your horse:

- Ensure constant access to clean water
- Consider electrolytes during hotter months
- Monitor for subtle signs of dehydration (sluggishness, reduced performance)

For YOU:

Hydrate before you ride - not just after.



- ***Add electrolytes if you're sweating regularly***
- ***Don't ignore fatigue - it's often dehydration***

Shorter Rides Are Smarter Rides

In Arizona heat, conditioning improves through consistency—not duration.

Instead of longer sessions:

- Ride 25–35 minutes with purpose
- Take walk breaks
- End before fatigue sets in
- A shorter, quality ride in the heat is far more effective (and safer) than pushing through.

Build in Recovery - Every Ride

Cooling down properly is critical in hot, dry climates.

After each ride:

- Walk until breathing fully normalizes
- Allow your horse to stretch long and low
- Use water (hosing legs/body) if needed

Avoid putting a hot horse directly back in a stall without cooling

Know the Warning Signs

Heat stress can come on quickly - especially for riders returning to conditioning.

Watch your horse for:

- Heavy or prolonged breathing
- Lack of energy or unwillingness
- Elevated heart rate that doesn't recover

For riders:

- Dizziness
- Headache
- Unusual fatigue

If you notice these, stop, cool down, and reassess.

If You or Your Horse Overheat - Act Immediately

If signs of overheating appear, quick action matters.

For your horse:

- Stop work immediately
- Move to shade or a cooler area
- Begin active cooling with water (hose the neck, chest, and large muscle groups)
- Keep the horse moving at a walk if safe—this helps circulation and cooling
- Offer small amounts of water

For YOU:

- Stop riding and get out of the heat
- Sit or lie down in shade
- Drink water or electrolytes
- Cool your body with water or a damp cloth

If symptoms don't improve quickly - or worsen - seek veterinary or medical assistance.
The goal is simple: cool down first, then reassess.

The Arizona Advantage

While the heat requires adjustments, there's also a benefit: You can ride year-round. By adapting your schedule and approach, you can build steady, consistent conditioning without the long winter breaks many riders face.

Small Adjustments That Make a Big Difference
Stretch More Than You Think You Should. Stretching:

- Keeps your horse's back loose
- Keeps your body from stiffening
- Reduces soreness for both of you

Ride Shorter, Ride Better

A focused 30-minute ride > a tired 60-minute ride.

Build Strength Through Transitions
Transitions are your best tool for:
Core strength (yours)
Engagement (your horse's)
Balance (both of you)

What to Avoid

- Pushing through fatigue (for you or your horse)
- Long rides that leave you sore
- Holding tension in your hands, shoulders, or hips

In the Arizona climate, success doesn't come from doing more - It comes from doing just enough, at the right time, in the right way. That's how you protect your horse, your body, and your long-term progress.

Feeling Short on Energy in the Heat?

Try This 20-Minute Ride

5 min: walk + stretch
10 min: transitions
5 min: stretch and breathe
That's a complete, effective ride.



Provided by Diana Weil, RD. WeilNutrition.com

Easy to whip up and make for a healthy, anti-inflammatory & refreshing treat this summer!

Ingredients:

- 2 cups frozen raspberries (divided)
- 1 cup brewed hibiscus tea (cooled)
- 1/3 cup fresh lemon juice (~2–3 lemons)
- 1-2 tablespoons honey or maple syrup (to taste)

Instructions:

1. Brew hibiscus tea. Steep one heaping tablespoon of dried hibiscus petals (or one tea bag) in 1 cup of hot water for 5–10 minutes. Strain and let cool completely.
2. In a blender, combine 1 ½ cups frozen raspberries, cooled hibiscus tea, lemon juice, sweetener, and lemon zest (if using). Blend until smooth.
3. Taste and adjust the sweetness.
4. Optional: Strain the mixture through a fine mesh sieve for a smoother popsicle.
5. Stir in the remaining 1/2 cup of whole frozen raspberries.
6. Pour the mixture into popsicle molds, making sure the whole berries are distributed evenly.
7. Insert sticks and freeze until solid (4–6 hours or overnight).

SUMMER ESSENTIALS

SUPPLEMENT SPOTLIGHT

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Hydration Matters: Supporting Horses Through Summer

By Alyssa Barngrover, ADA Member & Marketing Manager Central Garden & Pet (Farnam)

As the summer temperatures rise, riding, training, competition and travel can place significant stress on a horse's body, particularly in extremely hot climates like the southwest. While fitness and training are essential parts of preparing horses for performance, proper hydration and electrolyte balance are equally important for helping horses stay healthy, comfortable, and performing their best. Understanding how heat, sweat loss, and electrolyte depletion affect the body can help horse owners better support their horses through the demands of the summer season.

Horses use sweating as the primary means to cool themselves, and can produce significant amounts of sweat, especially during training, hauling, turnout, or long show days. During the summer, a horse will typically sweat 1-4 gallons per hour depending on the workload and temperature-humidity index.

Along with water, horses lose essential electrolytes through sweat, including sodium, chloride, potassium, calcium, and magnesium. These minerals play a vital role in hydration, temperature regulation, digestion, and muscle function, and without adequate replenishment, horses may become fatigued, experience muscle weakness or recover more slowly. In severe cases, horses can lose the ability to sweat effectively (known as anhidrosis), which is especially concerning as the body has a much harder time dissipating heat efficiently and can lead to overheating.

However, it's important to note that electrolyte supplementation can be beneficial for any horse that sweats for a prolonged period — whether from training, turnout, hauling, stress, or simply living in a hot climate.

Unlike many other nutrients in the body, electrolytes are not readily stored and are excreted if not needed. While "stockpiling" electrolytes prior to increased sweating may not be effective, it is recommended to give additional electrolytes 8-12 hours before exercise. Although this practice may be helpful, it is paramount that electrolytes lost in sweat are replaced shortly after the activity, since it may take a day or two to replace what has been lost.

SIGNS Your Horse May Need Additional Hydration Support

- Heavy or prolonged sweating
- Slower recovery after exercise
- Muscle soreness or stiffness
- Difficulty cooling out after work
- Decreased energy or performance
- Reduced appetite or water intake
- Dry gums or delayed skin elasticity

How to Help Keep Horses Hydrated

- Provide access to clean, fresh water
- Offer free-choice salt via salt block or loose salt added to the diet
- Incorporate electrolyte supplementation
- Encourage drinking during travel and at shows
- Adjust workloads during extreme heat

Electrolyte supplementation should always be paired with access to clean water, as horses need water available to properly utilize electrolytes and maintain hydration balance.

Travel and competition can contribute to dehydration due to stress, unfamiliar environments, and changes in routine. Bringing water from home, offering soaked feeds, and encouraging horses to drink frequently while traveling can help maintain normal hydration.

Riding during cooler morning or evening hours, allowing adequate recovery periods, and monitoring horses carefully during heat waves can help reduce stress on the body and improve recovery.

Watching horses struggle with recovery, heavy sweat loss, or difficulty cooling themselves has reinforced for me that electrolyte management is not just about performance - it's about overall health and comfort.

As a lifetime horse owner and competitor, combined with over 20 years of experience working in equine supplement development at Farnam, I've learned that hydration management is more effective when approached proactively rather than reactively. I've seen firsthand how important hydration and recovery are for horses living and working in challenging climates, and supporting horses before dehydration becomes an issue is paramount to successfully managing the Arizona summers.

When choosing an electrolyte product, horse owners should look for formulas designed specifically for horses to replace the key minerals lost through sweat, as well as evaluating their horse's individual needs, workload, and environment, as hydration needs can vary greatly from one horse to another. Electrolytes are offered in multiple forms, such as paste, powder and pellets, to cater to the situation, horse's preferences and horse owner's feeding regimen. Most horse owners use a combination approach —powder or pellets for daily supplementation with paste electrolytes during competition, travel, or particularly demanding conditions. Personally, I trust Farnam's Apple Elite™ electrolyte products because their quality formulations are backed by research to provide consistent results in every scoop.

During the summer, a horse will typically sweat

1-4 gallons per hour

Maintaining proper hydration during the summer months is one of the most important things horse owners can do to support their horse's health, comfort, and performance. By proactively managing water intake, electrolyte balance, and workload, horse owners can help their horses better handle the challenges of heat, training, travel, and competition.



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TRAIN YOUR MIND. TRANSFORM YOUR RIDE.

WEBINAR LIVE

Session Two

July 22, 2026 6:00 pm AZ

SIGN UP NOW!



Dr. Leslie Sherlin

Licensed therapist & Certified Mental Performance Consultant (CMPC)

Works with elite athletes, military, and top performers worldwide

Sport psychology expert for equestrian athletes

Bringing proven mental performance strategies from elite sport to the saddle.

$20
(ADA Member Price)

ADA JR/YR members attend for FREE!

Join the Arizona Dressage Association for part two of our virtual webinar series on sport psychology for equestrian athletes.

Dr. Leslie Sherlin, a licensed professional counselor and Certified Mental Performance Consultant will share practical, evidence-based tools for the mental side of riding and competition. Whether you are a seasoned competitor or a rider just getting started, these sessions will give you strategies you can use for your next ride. Open to all levels and disciplines. **Each session runs approximately one hour with time for Q&A.**

SESSION TWO: July 22, 2026 6:00 PM AZ

Nerves, Mistakes, and the Next Movement:
A Sport Psychology Approach to Performance Anxiety

If you have ever had a great warm-up and then fallen apart the moment you entered at A, this session is for you. We will cover what performance anxiety actually is, why trying to eliminate it usually makes it worse, and how to ride effectively even when nerves show up. The session will also address recovering from mistakes mid-test and building a pre-ride routine that helps you show up focused and ready. Practical strategies you can practice at home and put to work at your next show.

Unlock Your Competitive Edge in the Saddle
ONE RIDE AT A TIME

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SAVE THE DATE

May 1-2, 2027



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2-Day In-Person Rider Clinic at Horseshoe Springs, Cave Creek, AZ
More details and rider applications coming in 2027



SAVE THE DATE

Saturday, October 24th, 2026

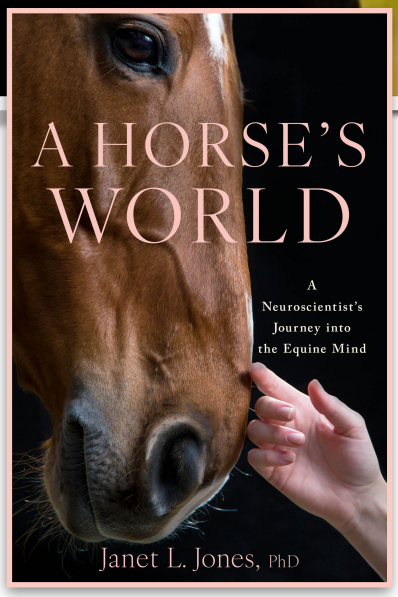
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REGISTRATION OPENS IN SEPTEMBER

Unlocking the Horse's Mind

How horses think, learn, remember, and connect -

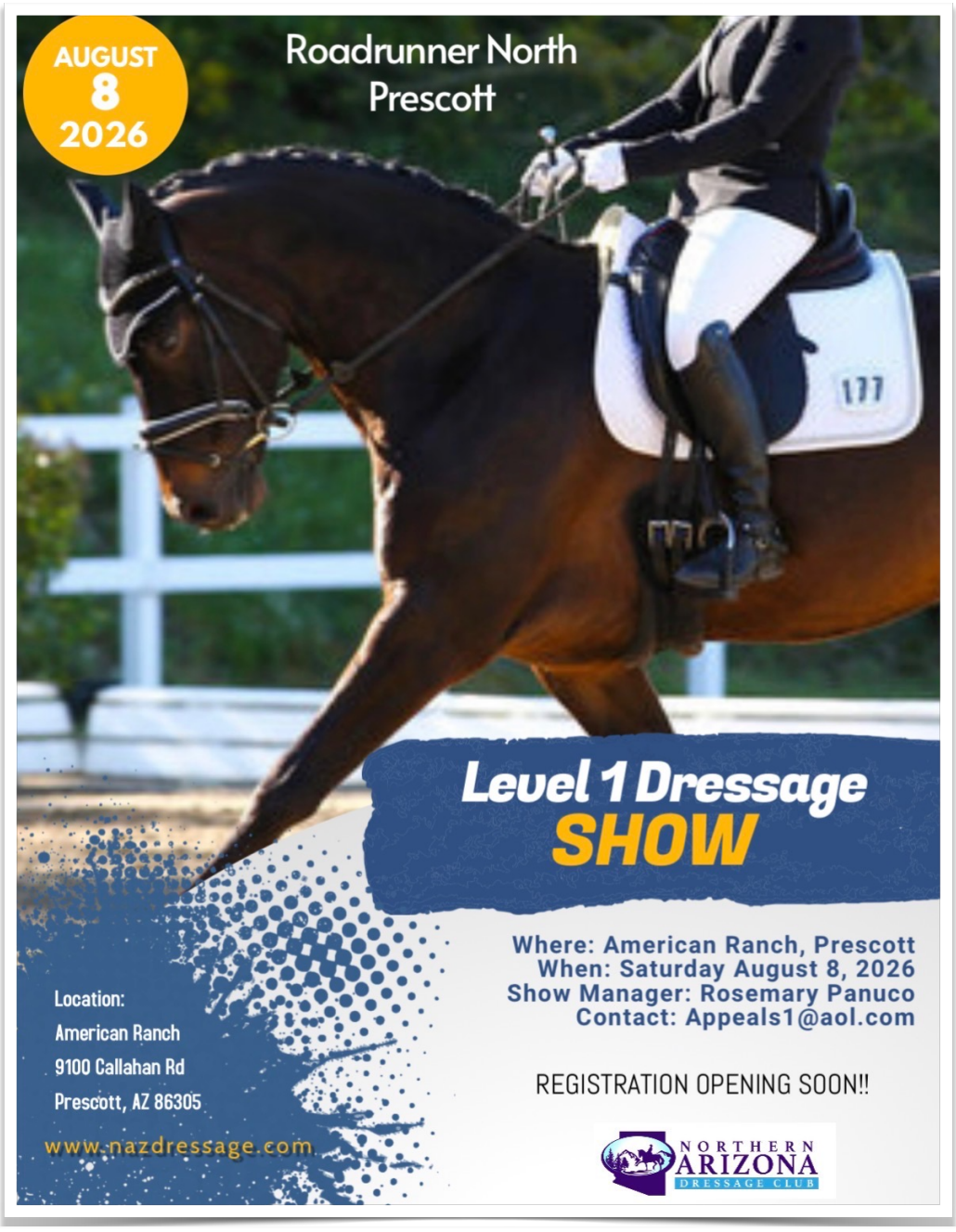
with Janet Jones



A Horse's World will be released on June 23, 2026, in audio and hardcover formats.

Renowned neuroscientist and horse trainer Janet Jones invites you to step into a horse's world. Discover the science behind how horses think, learn, perceive, remember, and connect with their human partners - and gain insights that can transform your relationship with your horse.

Each attendee will receive a complimentary copy of Janet's newest book, *A Horse's World*, and enjoy an exclusive book signing following the presentation.


AUGUST
8
2026
Roadrunner North
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SHOW
Location:
American Ranch
9100 Callahan Rd
Prescott, AZ 86305
www.nazdressage.com
Where: American Ranch, Prescott
When: Saturday August 8, 2026
Show Manager: Rosemary Panuco
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USDF REGION FIVE

June 2026 Update

Summer is here, shows are in full swing for our Region, I see lots of clinics are in the books as well! We have had lots of rain in Colorado finally as summer comes and it's very welcome after such a dry winter. Things are finally turning green. I hope that everyone is enjoying their time with their families and their animals this summer.

USDF has approved the 2027 Great American/USDF Regional Championship site selections and the USDF Region 5 Championships will be returning to Colorado. The Rocky Mountain Dressage Society will host the Championships at the Colorado Horse Park September 23-26, 2027. Some other small reminders regarding Regional Championships include making sure that to perform score checks with USDF to ensure your qualifying scores have been properly recorded and check to make sure the horse owner matches between USDF and USEF. Be sure to read the new processes for qualifying and entering the US Dressage Finals if you have plans to join us in Kentucky this year! We'll see you in Parker for this year's Regional Championships, hosted by the Rocky Mountain Dressage Society. We continue to work to find venues to rotate our championships, so if you have ideas, please reach out! This is always a major topic of discussion during our Regional Meetings so we invite you to join us for those as well.

The 2026 USDF Convention will December 2nd-5th in Lexington, Kentucky at the Marriott Griffin Gate. Come visit our USDF home base and be a part of the governance process and attend some fabulous educational sessions. The host hotel this year is very close to the Kentucky Horse Park and there are some fun events planned to take us to the Horse Park and the USDF Offices. There are many great restaurants in the area and other entertaining things to do nearby.

As of when I write this, our potential candidates are shaping up and making great qualifying efforts for the 2026 FEI North American Youth Championships July 28-August 2 in Traverse City, Michigan. We have quite a few declared young adults and we should hopefully be fielding two teams this year! 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. This competition is a reasonable distance for us to travel by trailer, which makes things much more feasible, but we still need your help in order to be able to attend. The girls have also put together a great silent auction, so consider bidding on some great items to help support the teams. We'll be sharing the link on social media and other avenues soon.

Please be sure to read the emails that come out from USDF and USEF on a regular basis. USDF is putting out a lot of information on educational programs, Regional Championships, awards and many other things. USEF will keep you posted on rules and regulation changes, educational offerings, and updates to program qualifications and deadlines. If you do have intentions of competing this year or next, make sure you stay on top of things.

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

Fueling Ambition: ADA Boosts its Travel Grant Support for High-Performing Competitors

By Karen McGee, ADA Scholarship Committee Chair

The Arizona Dressage Association is proud to continue its commitment to developing exceptional riders by strengthening one of its most impactful member programs: the **Competition Travel Grant**.

Designed to support Arizona athletes who qualify to compete at national and international championships outside the state, this grant was designed to relieve some financial burden associated with out-of-state, invitational dressage competitions. With the rising costs of horse care, transportation and travel expenses for equines and their humans, and even escalating entry fees, support is needed now more than ever. Earlier this year, the ADA Board undertook a review of the existing Competition Travel Grant program to evaluate what adjustments could be made to expand how we support these ambitious ADA competitors.

2026 Program Updates
The Arizona dressage community continues to grow in both talent and ambition and to keep pace the ADA Board is excited to announce recent updates to the program including an **increase in the maximum award amount from $500 to $750**. This reflects our dedication to ensuring that Arizona's top riders have the resources they need to represent our state proudly on some of the sport's biggest stages and aligns the Travel Grant with the updates to our Educational Scholarship.

The Travel Grant is open to Junior/Young Riders, Adult Amateurs, and Open Riders, with up to six grants available annually, subject to ADA's financial capacity. As with our Educational Scholarship Program, awards are made by reimbursement only and require documentation of expenses and participation.

To ensure fairness and transparency, ADA has also clarified the qualification criteria and selection process. Eligible applicants must:

- Be active ADA members at the time of application and competition
- Demonstrate they have been officially selected for a qualifying national or international event
- Show a history of involvement with ADA through volunteering or sponsorship
- Commit to sharing their experience with the community through an article in *The Centerline*

Qualifying events include USEF, USDF, and FEI-recognized championships where horse-and-rider combinations are selected based on performance — such as the North American Youth Championships, Festival of Champions, Adequan Global Dressage Festival, USDF Finals, and other prestigious competitions.

Applications are accepted year-round and reviewed in the order received.

Because funds may be limited, riders are encouraged to apply early and notify ADA promptly if their plans change so that other deserving athletes may benefit.

How Members Help Sustain These Opportunities

Programs like the Competition Travel Grant and the Educational Scholarship Program are only possible because of the strength and generosity of our community. **Participation, membership and donations directly determine how many riders we can support each year.** If you believe in elevating Arizona riders, expanding access to high-level competition, and investing in the future of dressage in our state, we invite you to:

- **Renew your ADA membership** and encourage others to join even if you are not currently competing
- **Attend and volunteer at ADA events**, such as webinars, clinics and, of course, our shows
- Make a tax-deductible donation of any amount

Every contribution helps ensure that Arizona's most dedicated athletes can continue to shine on the national stage.

The ADA is a 501(c)(3) corporation, and all donations are fully tax deductible to the maximum amount permitted by law. A great opportunity for year-end giving, memorial gifts, or program specific gifts like supporting an individual scholarship or grant. *For information on giving, contact Ann Damiano, our Fundraising Committee Char at a.damiano@azdressage.org.*

Supporting Our Mission

ADA's Competition Travel Grant stands alongside the Educational Scholarship Program as part of our broader mission to support inclusive rider development and learning, advance ethical horsemanship, and invest in the future of dressage in Arizona.

For more information or to apply, visit the ADA website or contact the Scholarship Chair at scholarship@azdressage.org.



ASSOCIATION NEWS

Board of Directors
Regular Meeting

May 18, 2026 | 6:00 pm
Minutes

Call to Order and Attendance
President Ann Damiano called the meeting to order at 6:00 PM.
Present: Ann Damiano, Karen McGee, Rebecca Bruening, Erin McHenry, Tracy Case, Leslie Sherlin, Michell Combs, Christa Severns, Susan Skripac, Jaime Pollack
Guests: Lisa Darling (NAC Representative); and Sue Leutwyler

Officer Reports
President: Ann Damiano noted that her comprehensive written report was distributed in advance, with no questions or comments noted from the Board.

Secretary: Rebecca Bruening reported April board minutes were submitted to the Centerline.

Treasurer: The full financial package was submitted to the board in advance of the meeting. There was no additional discussion. Leslie Sherlin has agreed to act as Interim Treasurer. Leslie and Ann Damiano have been working with Rebecca Lindy and the bookkeeper to transition the treasurer responsibilities to him. They are meeting with Chase Bank in the coming week to remove Rebecca Lindy and add him to the ADA bank accounts per the approved board resolution. Leslie reported that he will meet with Ann Damiano to review records and go through historical documents in bankers' boxes dating back to 2009. Karen McGee offered to help develop a record retention policy. Ann announced we are actively seeking a new treasurer, noting that since ADA now has the help of a bookkeeper, the role would be less burdensome than in the past.

EOM Cash Balance Trend

	2025		2026				
	Jan	Dec	Jan	Feb	Mar	Apr	Notes
xx1521	$ 8,011	$ 42,526	$ 32,068	$ 27,793	$ 25,042	$ 18,399	General checking
xx6796	$ 5,215	$ 2,977	$ 2,491	$ 9,792	$ 2,274	$ 566	Debit card & Paypal link
xx9563	$ 66,622	$ 26,742	$ 26,743	$ 26,743	$ 26,743	$ 26,743	Savings
CDs	$ 23,580	$ 40,233	$ 40,233	$ 40,788	$ 40,788	$ 40,233	Two CDs: 6738 ($30,117) + 6739 ($10,117)
Petty Cash	$ 400	$ 400	$ 400	$ 400	$ 400	$ 400	
PayPal			$ 4,743	$ 535	$ 2,360	$ 1,627	Now tracked separately
NAC Acct			$ 6,274	$ 6,274	$ 6,274	$ 6,274	NAC operating account
Total	**$103,828**	**$112,879**	**$109,332**	**$107,972**	**$ 99,929**	**$ 94,243**	
Inflows include							
Schooling show (Apr)						$ 1,110	
Memberships						$ 264	
Recognized show sponsorship						$ 700	
Clinics/Educational						$ 570	
Awards Banquet						$ 205	
Expenses include							
Recognized show expenses						$ 1,651	
Contract labor (website + Centerline)						$ 4,000	
YE Banquet expenses						$ 1,921	
Operating expenses						$ 1,236	
Bookkeeper						$ 338	
Schooling show expenses						$ 257	
Storage						$ 99	
April Net Revenue						**$ (5,687)**	

Committee Reports

Nominating & Governance: Karen McGee reported the Board approved a resolution to dissolve the NAC, and the NAC Board voted unanimously in agreement. The resolution allows the NAC to keep their money and equipment while working independently, with a 30-day transition period before dissolution is final. ADA also continues to look for a candidates to join the Board. (Resolution is attached below).
MOTION: To approve a resolution dissolving the NAC. Passed Unanimously.

Scholarship: Karen McGee Karen provided updates on scholarship and travel grants, noting that travel grant changes have been implemented and one submission was received.

Schooling Shows: Christa Severns reported and Susan reported that they are in the process of finalizing fall show dates and judges.

NAC: Lisa Darling reported the oversubscription for the Dolly Hannon Clinic. They also requested support from ADA with the formation of their new Northern Arizona Dressage Club. ADA agreed to help collaborate on messaging and promotion during the 30-day wind-down period before official dissolution of the NAC.

Volunteer: Tracy Case reported that volunteer positions for the June show are nearly filled except for scribes and bit checker roles, and the group decided not to order new t-shirts due to existing inventory.

Education: Rebecca Bruening reported on upcoming education opportunities, including Claire Thunes offering a webinar on managing heat with horses in June and Christian Klevens planning a classroom presentation on bit fitting in January. The group discussed making Leslie Sherlin's previous sports psychology presentation available to those who missed it, with Leslie agreeing to create a historic purchase option for the second webinar series.

Membership: Michell Combs reported 223 current 2026 members, including 25 new. Of the 2025 members, 77 have not yet renewed.

Communications: Erin McHenry highlighted the smooth transition of the center line editor role and requested that board members submit content earlier in the month to accommodate Callie Bonine's proactive approach.

Futurity: The group discussed challenges with planning a futurity event, as survey results showed mixed preferences about age categories and competition formats, with many respondents expressing uncertainty about how to structure it. Respondents also preferred trophies and keepsakes over cash prizes, though they acknowledged this preference might vary among different segments of their membership. It was agreed to consider implementing a QR code at the June show's prize table for additional feedback collection.

ADA May BOD Minutes Continued

Shows: Ann Damiano reported the upcoming June Summer Heat show sold out in two days. Ann mentioned that we have been exploring the possibility of adding a third day to accommodate more entries, though logistical challenges with officials' hours and judge scheduling made this complex and suggested moving this to a discussion within a future Show Committee meeting.

Fundraising: Ann Damiano reported that we have three Platinum sponsors and hospitality sponsorships for breakfast and afternoon treats included in commitments totaling $11,135. Ann also reported that 33 of the 54 classes (61%) have been sponsored.

Awards: Jaime Pollack requested and received approval for June ribbon order for $1,804. Christa Severns moved to approve of the expense, Ann Damiano seconded it.

OLD BUSINESS
None.

NEW BUSINESS
None.

Next Meeting: June 15, 2026, 6:00 PM
Adjournment: Board went into a closed session at 6:55 PM and adjourned at 7:10PM.

Respectfully submitted,
Rebecca Bruening
Secretary, Arizona Dressage Association

BOARD RESOLUTION OF THE ARIZONA DRESSAGE ASSOCIATION

Regarding Dissolution of the Northern Arizona Chapter of the Arizona Dressage Association

WHEREAS, the Board of the Northern Arizona Chapter of the ADA ("NAC") has unanimously voted to dissolve its status as an ADA Chapter with the intent of continuing local dressage support for Northern Arizona in the form of a less formal club, and

WHEREAS, the President of the NAC has provided written notice to the ADA Board of such vote in accordance with Article V (Chapters) Section G (Dissolution) sub-section (2) (Dissolution by the Chapter),

NOW THEREFORE, the ADA Board of Directors (the "Board") approves that the dissolution move forward in line with the following:

1. Payment of 2025 Member Dues

The ADA has not paid NAC its percentage of Member Dues ($8.00 per ADA NAC member) for the 2025 member year as previously agreed under the ADA Bylaws (Article V (Chapters) Section E (Local Chapter Finances; Authority) subsection (4)) and NAC Operating Rules. ADA and NAC calculated the amount due as $360.00 based on 45 NAC ADA members. The ADA will pay this amount to the NAC prior to the dissolution.

2. Retention of NAC Bank Funds

The NAC has raised independent funds for the conduct of NAC events which are held in the Northern Arizona Chapter of the Arizona Dressage Association account at Chase Bank. As of the date of this Resolution, these amounts total $1816.00. The NAC will be permitted to retain these funds to fulfill its schedule of planned, and contractually committed, events and shows and to complete associated wind down activities.

3. Retained Property

To support the Northern Arizona dressage community following dissolution, the NAC has requested to retain the following items currently in the position of the NAC: a storage trailer containing a set of folding tables and chairs, an assortment of buckets, plastic chain, dressage court letters, and items used for administrative purposes (clipboards, pens, pencils, etc.).

4. Effective Date & Final Accounting

The effective date of the dissolution will be June 16, 2026. A final accounting will be conducted as required by Article V (Chapters) Section G (Dissolution) sub-section (3) (Disposition of Assets) of the Arizona Dressage Association Bylaws on or before August 1, 2026.

The Board Resolution is hereby Approved at the meeting of the Arizona Dressage Association Board on May 18, 2026.

Upcoming 2026 Board Meetings:

(All meetings are virtual)

August 17
September 21
October 19
November 16

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



Fall Fiesta I & Fall Fiesta II Recognized Show and Arizona State Championships

Saturday & Sunday November 7 & November 8, 2026 @ 8:00am

Kick off the new competition year with ADA's Fall Fiesta I & Fall Fiesta II, two USDF/USEF-recognized shows held at the world-class WestWorld of Scottsdale.

This premier venue offers top-tier amenities, including climate-controlled arenas, permanent stalls, and a scenic desert backdrop that creates a memorable experience for horses and riders alike. As the first rated show of the new season, Fall Fiesta is the perfect opportunity to set the tone for your year, earn qualifying scores, and reconnect with the dressage community. Join us for a weekend of excellence, sportsmanship, and celebration of progress at every level.

Judges: Katy Barglow, David Schmutz, Donna Richardson
Technial Delegate: Victoria Powers
Location: WestWorld, 16601 N Pima Rd, Scottsdale

ARIZONA DRESSAGE ASSOCIATION

SPONSORSHIP OPPORTUNITIES

Sponsorship with the Arizona Dressage Association is a meaningful way to give back to the horses, riders, and community that make this sport so special.

Your tax-deductible support helps provide quality competitions, educational opportunities, and recognition for riders at every level -while keeping our programs accessible and thriving.

When you sponsor ADA, you're not just supporting an organization - you're investing in the future of dressage in Arizona.

Let's grow the sport – together!

VISIT OUR SPONSORSHIP PAGE HERE TO GET STARTED!

OR Contact us at: fundraising@azdressage.org

METAL SPONSORSHIPS

PLATINUM ~ $2,500

Full page ad in virtual program
enhanced digital recognition (website + social media), show signage recognition
1 banner, 4 class sponsorships, stall front choice/vendor space, flyer in show packet, vendor booth

GOLD ~ $1,250

Full page ad in virtual program, digital recognition (website + social media), show signage recognition, 1 banner, 4 class sponsorships, flyer in show packet, vendor booth

SILVER ~ $700

½ page ad in virtual program, digital recognition (website + social media), show signage recognition, 2 class sponsorships, 1 banner, flyer in show packet, vendor booth

BRONZE ~ $450

¼ page ad in virtual program, digital recognition (website + social media), show signage recognition, 2 class sponsorships, flyer in show packet, vendor booth

SUPPORT THE SPORT YOU LOVE. MAKE A MEANINGFUL IMPACT.

For every ride, every rider, every horse.

ARIZONA DRESSAGE ASSOCIATION

SPONSORSHIP OPPORTUNITIES

VISIT OUR SPONSORSHIP PAGE HERE TO GET STARTED!

OR Contact us at:
fundraising@azdressage.org

HOSPITALITY ~ $500 - $10,000 (Varies by show & # of entries)

Partial Sponsorships available; pls discuss with Fundraising Committee

Sample options:

- Snack / Breakfast Breaks - $500-$1,500
- Mixers (E.g. appetizers/snacks) - $2,500 - $6,000
- Full dinner with entrée - $7,500 - $10,000
- Wine/Beer/Specialty Drink Bar - $2,000 - $2500
- Additional event tickets - $35 to $80

CLASS SPONSORSHIP

Open Show Class $50
(when applicable/GAIG classes not available)
Championship Class $100
(when available)

A La Carte Sponsorship

Banner Display $50
Flyers in Show Packets (150) $30
(you provide flyers)
For custom sponsorship packages, please discuss with Fundraising Committee.

SHOW PROGRAM ADVERTISING

Business Card	$35
Quarter Page	$50
Half Page	$100
Full Page	$150
Cover	$175

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For every ride, every rider, every horse.

2026 CALENDAR OF EVENTS



JUNE

June 22-27: Central Arizona Riding Academy Equus Youth Camp (CARA)

JULY

July 18: NAC Schooling Show, Imperio Acres, Dorie Vlatten Schmitz 'S'

AUGUST

AUG 30: NAC Roadrunner North Prescott, Level 1 Dressage Show
American Ranch, Prescott, AZ

SEPTEMBER

Sept 5: NAC Schooling Show, Freeman Farms, Ellie Stine Masek 'S'

OCTOBER

October 17-18 CARA HARVEST SHOW

NOVEMBER

Nov 7-8: ADA Fall Fiesta I & II & State Championships
Westworld Scottsdale

Nov 14-15: TDC Fall Festival at Circle D Ranch, Tucson

DECEMBER

Dec 12-13: Dressage @ Spear-Cross Equine Center Show

Visit azdressage.org for the latest updates!



Looking Ahead: July Issue

Inside next month's issue

- **Summer Heat Show Results & Highlights**
- **The Road to CDI**
- **The Foundation: Hoof & Movement**

Call for Submissions

Centerline is built by our community - and we'd love to feature *you!!*

We're currently accepting:

- Show photos (candids, competition, behind-the-scenes)
- Rider stories & personal reflections
- Training tips or "lessons learned"
- Horse spotlights

Submit to: centerline@azdressage.org
Deadline for July Issue: July 15, 2026

ARIZONA DRESSAGE ASSOCIATION
100 Easy St., Box 2855
Carefree, AZ 85377



REPRESENT ADA WHEREVER YOU GO

& GIVE BACK WHILE YOU SHOP

Shop official ADA logo gear from barn essentials to everyday favorites.

Every purchase gives back to the Arizona Dressage Association.

SHOP THE COLLECTION

- **Apparel:** Tees, hoodies, and layers for barn days and beyond
- **Accessories:** Hats, bags, and everyday essentials
- **Drinkware:** Coffee cups & water bottles for early mornings and long show days

