Arizona Dressage Association

The Centerline





Diane Abazarnia & Ima Hot Ducati -
Training Level Horse of the Year Reserve Champion
3rd place Training Level AA Rider of the Year



Kimberly Apicella & Romano Larios -
Reserve Champion 4th level Horse of the Year
Reserve Champion 4th Level AA Rider of the Year

CONGRATS TO ALL OUR YEAR END AWARD WINNERS!

Photos continued on pages 8 & 9



Lily Baughman -
JR/YR Rider of the Year Training Level Champion



Lisa Buce, Valera Royal & Ryker -
3rd & 4th place Training Level Horse of the Year
3rd place 1st Level Horse of the Year 5th place 1st Level Horse of the Year 3rd place 1st Level AA Rider of the Year



Danna K Johnston & Khallaghan A +++/ -
Horse of the Year Training Level Champion
Rider of the Year Training Level AA Champion

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Submit your comments, suggestions, or opinions relating to the sport of dressage, to centerline@azdressage.org

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. Send submissions to centerline@azdressage.org

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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 clinic. We'd love to hear from you! Send to centerline@azdressage.org
If the photo is a riding photo, a helmet is required.

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Arizona Dressage Association
2025 Upcoming Events

JUNE 14-15	Summer Heat/Some More Heat Recognized Show
AUG 15	Core Transformation Series II Wine & Scribe with Bev Rogers
SEPT 27	Core Transformation Series II Build Your Core Class with Jeremy & Pat
OCT 11-12	Core Transformation Series II Clinic with Janet Foy & Steffen Peters
OCT 19	October Schooling Show, Sponsored by Sherlin Consulting Group
NOV 1-2	Fall Fiesta Recognized Show
NOV 9	November Schooling Show, Sponsored by Sherlin Consulting Group
DEC 6	Core Transformation Series II Janet Jones Clinic

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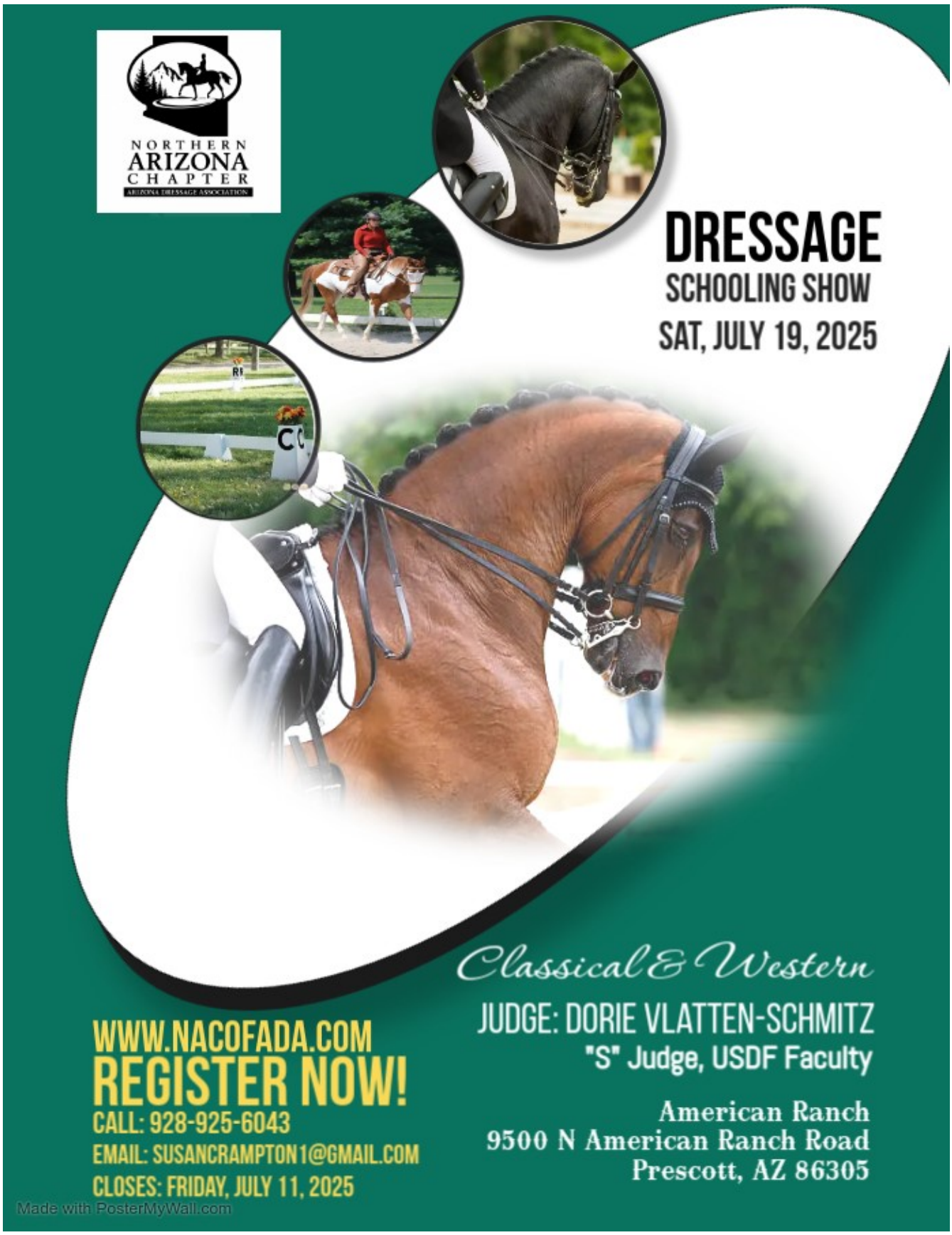
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USEF/USDF Dressage Judge Clinic

By Michell Combs
Additional contributions by Missy Gilliland and Sarah Lindsten



Del Mar, CA was a fantastic place for the dressage judge clinic presented with Mike Osinski and Bill Warren on April 18-19, 2025. Arizona had fantastic representation with Dorie Vlatten-Schmitz, Ellie Stine-Masek, Beverly Rogers, Missy Gilliland, Sarah Lindsten and Michell Combs all attending. Mike and Bill showed real camaraderie and humbleness during the two days, and we saw many Grand Prix rides.

Missy says: ***"Mike and Bill are masters!"***

Friday was an interesting training day. We utilized the BlackHorseOne technology. Many of the dressage judges in attendance had not used the platform before and so there was some time spent to get familiar with it. We judged tests or specific movements with our laptops or iPads and then reviewed the cumulative group scores. Saturday was our live judging at the Del Mar show. We were lucky to spend most of the day watching Grand Prix and Prix St Georges tests.

With BlackHorseOne we had lively discussions. With this technology we were able to rewatch & pause the movements where we were the furthest off from each other. With live judging we need to be educated, secure and fast with what we see.

Sarah says: ***"Celebrate our shared commitment to dressage judging excellence!"***

Sarah Lindsten said participating at the recent USEF/USDF Judges Clinic was an enriching experience that left her feeling inspired and motivated. She found it very beneficial to explore the online judging platform provided by Blackhorse, using Equestrian Hub. The large contingency of judges from Arizona brought a vibrant energy to the forum, highlighting the strength and dedication of our judging network. It was a fantastic opportunity to learn, engage, and celebrate our shared commitment to dressage judging excellence.

We reviewed many examples of rider's "losing the haunches" of their horse in walk pirouettes and shoulder-in's. We also saw many variations of contact issues with tongues – either with the tongue hanging out, or "lizard-like" or bulging. We were asked to look at the whole picture presented, but some concerns necessitate low scores. We noticed that many riders sit to the outside in a half-pass, which is a rider fault and can block or restrict the horse's movement. We spent time reviewing walks – the quality, the overstep, and the purity – especially the purity before, during and after the walk pirouettes. Bill asked us to be picky about tracking in the walk and trot.

Missy and I both liked how much we talked about horse welfare and how judges should take serious responsibility to uphold high standards of horsemanship in how we judge tests. Missy noted how impressive she thought the international judges were -

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how quickly they can gauge a horse's basics (balance, impulsion, submission) while simultaneously watching how they execute the movements. It takes such skill, and Missy says they are absolute masters!

Michell says: ***"It was amazing to evaluate so many Grand Prix rides!"***

We also talked at length about various degrees of faults or mistakes in movements and what that would do to the score. Bill & Mike had a generalized approach to scoring methodology where if a movement was recognizable, it would be a 5, if it was impressive, it would be 9-10. We reviewed the FEI Dressage Judging Manual which included a term called "firewall". A firewall is a mistake where the score cannot be greater than a particular score. The manual provides some examples and case studies advising an appropriate score when observing common mistakes. For example, if a horse is uneven behind or in front, it must be below 5. One counting mistake in the canter zig-zag would be 5.5 or lower.

Every single judge in attendance had to give feedback and judge a live test. Mike and Bill were supportive, helpful and encouraging.

In our group, we had a conversation about the unpleasant side of judging. Some judges have been sued over comments or scores and there is some politicking when working with ambitious riders or their ambitious parents.

Mike and Bill are looking forward to utilizing the BlackHorseOne technology to help develop greater uniformity and standards in our judge training. They want to prevent riders from being blindsided by the effects of mistakes when they get scores and comments at National Finals or other big-time shows.









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Kadriya Musina-Sallus & FaceTime - 3rd Level Rider of the Year AA Reserve Champion
5th Place 3rd Level Horse of the Year



Jamie Ward & Los Angeles -
2024 Rider of the Year AA 3rd Level Champion
3rd Place 2024 Horse of Year 3rd Level



Mary Lipton & Logan -
Reserve Champion 2nd Level Horse of the Year



Amy Burnett & Pfrankincense HP-
Freestyle Year End Award
2nd Level Horse of the Year



Lisa Holland & Noble Ben -
6th place 1st Level Horse of the Year



Ann Damiano & Florisson -
FEI Horse of the Year
Cameo Award Winner
3rd Place FEI AA Rider of the Year

We would like to also congratulate our remaining year end award winners on a great 2024 season!
Remember, for 2025 ALL USEF-licensed/USDF-recognized Open Dressage show scores will count towards year end awards.
Make sure you are an ADA member before your next show to ensure you are eligible!

Leslie Sherlin - 6th place Training Level Horse of the Year with Wynn Royalty Wins
Mariska Sherlin - 7th place Training Level Horse of the Year with Clononeen Cashmere
Erica McLaughlin - 3rd place 2nd Level Horse of the Year with Formally Cooper; AA Champion 2nd Level Rider of the Year
Susan Dyer - Champion 3rd Level Horse of the Year with LC Candelon De Landeros; 5th place AA 3rd Level Rider of the Year
Paula Paglia - Reserve Champion 3rd Level Horse of the Year with Rose Rhapsodie
Pamela Farthing - 4th place 3rd Level Horse of the Year with Sir Esplendido; 3rd place AA 3rd Level Rider of the Year
Stacey Lent - 6th place 3rd Level Horse of the Year with Galante Da Prata; 4th place AA 3rd Level Rider of the Year
Lisa Darling - 3rd place AA 4th Level Rider of the Year
Cyndi Jackson - Champion Open FEI-GP Rider of the Year; Champion Open Training Level Rider of the Year
Missy Gilliland - Champion Open 3rd Level Rider of the Year

Paula Paglia - Reserve Champion Open 3rd Level Rider of the Year
Jessica Nordqvist & Paula Nelson - Reserve Champion FEI Horse of the Year with First Date
Beth Mulcahy Rosekrans - 3rd place FEI Horse of the Year with Imperio Da Terceira; Champion AA FEI-A Rider of the Year
Erin McHenry - 4th place FEI Horse of the Year with Bailando
Courtney Cahill - 5th place FEI Horse of the Year with CC's Rubin
Wendy Riddell - 6th place FEI Horse of the Year with #Hashtag
Jennifer Tobie - Champion AA FEI-GP Rider of the Year; 9th place FEI Horse of the Year with SRC Adriana
Kali Riddell - Champion JR/YR FEI-A Rider of the Year

CONGRATS TO ALL OUR YEAR END AWARD WINNERS!



Alyssa Barngrover & Furstinbella -
First Level AA Horse of the Year Rider of the Year
Alyssa also took home our Pantano Award!



Ellis Venkatesh-
Rider of the Year Jr/Yr 1st Level Champion



Emily Brown -
Training Level AA Rider of the Year Reserve Champion
1st Level AA Rider of the Year Reserve Champion
5th Place Training Level Horse of the Year - Furelyse
Reserve Champion 1st Level Horse of the Year - Balcina



Christopher Brusnighan -
FEI Rider of the Year AA Reserve Champion



Rebecca Lindy -
4th Level Rider of the Year AA Champion
4th Level Horse of the Year - Jeitoso XIV

ARIZONA DRESSAGE ASSOCIATION
Regular Meeting
April 14, 2025, Minutes

The meeting is called to order at 6:06 pm.

Directors Present: Ann Damiano, Rebecca Bruening, Rebecca Lindy, Kelly Stapleton, Karen McGee, Michell Combs, Susan Skripac, Leslie Sherlin, and Erin McHenry

Directors Absent: Nicole Zoet, Anastasia Keyser,

Guests : Tracy Case, Jaime Pollack

- **Officers' Reports**:

  President – Monthly letter to Membership

  Secretary's report – Board Meeting Minutes of March, 2025, were approved and submitted to Beth Martinec for publishing in the Centerline.

  Treasurer's and Finance Committee - Combined account balances are $100,998. Since the maturity of ADA's CDs in February, rates have declined among commercial banks, and those with appealing rates apply to individuals, not a business. Arizona Financial Credit Union will work with ADA and the Finance Committee is currently doing its due diligence – those rates are approximately 4%. Finance Committee approved in their 4/8/2025 meeting to offer ADA's red flatbed trailer for sale.

- **Nominating and Governance – Karen McGee/Leslie Sherlin** (report submitted; next committee meeting scheduled for TBD)

  Committee Charters – Finance Committee Charter has been updated and approved by the N&G with the present Directors Approving unanimously. Committee Chairs are in the process of signing all Charters.

  Vacant Committee Chair Positions: Awards – Ann Damiano called for vote to approve Jaime Pollack as the Awards Committee Chair, with the present Directors Approving unanimously.

- **Education Committee - Rebecca Bruening**

  No new information to report.

- **Jr/Yr Committee** – **Leslie Sherlin** (report submitted):

  Established Instagram account @az.young.riders – Please follow!

  Met with Julie Williams of the AZHJA in a collaborative effort to build Arizona's Young Rider Community.

- **Scholarship Committee – Karen McGee** (report submitted):

  Article on Scholarship Award Recipients and Scholarship Process has been submitted to the Communications Committee for review for publication in the Centerline.

- **Recognized Show Committee – Kelly Stapleton** (report submitted, committee meeting held 3/24/25. Next Recognized Show Committee meeting scheduled for 4/21/2025):

  Westworld Contract signed for the June 2025 show.

  Prize List submitted to USEF, USDF & Festival

  Discussion around Breed Awards and formalities.

  Denise Pellerito has committed to Days of Show Volunteer Coordinator in Tracy Case's absence.

  Discussion regarding show support gaps.

- **Schooling Show – Susan Skripac**
  Christa Severns has volunteered to work alongside Susan in the production of our future Schooling Shows and Christa is working toward securing venues, judge and secretary.
- **Volunteers – Tracy Case**
  Initiative continues to solicit volunteers and establish a complete volunteer **database**

- **Communications Committee – Erin McHenry** (report submitted):
  Further discussion re-rebranding initiative and website refresh.
- **Membership Committee – Michell Combs** (report submitted):
  As of March 25, 2025:
  - ➡ 203 Members in 2025
  - ➡ 26 New Members (24 Adults and 2 Junior/Young Rider)
  - ➡ 165 Members Renewed in 2025 (155 Adults and 10 Junior/Young)
  - ➡ 12 Returning Members (12 Adults and 0 Young Riders)
  - ➡ 60 2024 ADA/GMO Members have not renewed for 2025 (55 adults and 5 Junior/Young Riders)
- **Awards Committee – Ann Damiano (**no report submitted)
  Awards Luncheon scheduled for Sunday, March 27th, RSVP's are closed. 36 attending.
- **Futurity – Susan Skripac** (no report submitted)
  Discussion around moving the Futurity from our summer show to the fall show and how will nominations occur.
- **Fundraising – Ann Damiano (**no report submitted)
  Committee to be formed in the near future to kickoff fundraising.
- **New Business** –
  No new business.

Members may be recognized by the Presiding Officer and may then address the Board regarding issues or 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 – meeting to be held May 12, 2025, at 6pm. ADA members are invited to the meeting. Contact Kelly Stapleton by email for details. Email to K.stapleton@azdressage.org

Adjournment: Motion to adjourn made by Rebecca Lindy, seconded by Leslie Sherlin. Meeting adjourned at 7:48 pm.

Respectfully Submitted by
Kelly Stapleton
Secretary



ADA'S NEW JR/YR COMMITTEE: EMPOWERING THE NEXT GENERATION OF DRESSAGE RIDERS

By Leslie Sherlin and Mariska Sherlin



A Legacy of Youth Development

For decades, the Arizona Dressage Association (ADA) has championed youth riders, recognizing that today's pony-loving youngsters are tomorrow's dressage stars. From offering junior divisions at shows to dedicated youth scholarships, ADA's commitment to youth development runs deep. In fact, ADA annually awards educational scholarships specifically for Junior/Young Riders. This long-standing support isn't just altruistic – it's strategic. Engaging and empowering young equestrians ensures the future of our sport. As USDF Youth Programs Chair Roz Kinstler aptly noted, *"our youth dressage members are very clearly the future of our sport… With youth members so involved and excited about dressage in all forms, we're ensured a very bright future."* In line with this vision, ADA officially chartered a Junior/Young Rider (JR/YR) Committee which folds into our Education Committee in early 2025 to amplify opportunities for young riders across Arizona.

Goals of the New JR/YR Committee

The newly formed JR/YR Committee is more than just a token gesture. It's a focused task force dedicated to supporting skill development, fostering community, and broadening exposure for youth in dressage. Its charter outlines goals like creating educational programs for riders under 21, facilitating mentorship between young riders and seasoned professionals, and organizing youth-focused activities at shows and beyond. By empowering young equestrians with knowledge and networks, ADA is investing in a pipeline of confident riders, educated horsemen and horsewomen, and future leaders in the sport. Empowering youth isn't just nice; it's necessary to keep the dressage flame burning bright for generations to come.

One needs only to look at the career of Olympian Adrienne Lyle to see the long-term impact of strong youth programs. Lyle's journey began as a young rider in Pony Club and youth competition circuits – she even qualified for the North American Youth Championship as a teenager. Those early experiences paved the way for her future success: by age 23 she was a U.S. national Young Adult Grand Prix champion, and not long after, she rode in the 2012 London Olympics. Stories like Adrienne's (and others, such as British icon Charlotte Dujardin who started on ponies and became a triple Olympic gold medalist) illustrate how supporting riders in their formative years can yield champions down the road. The JR/YR Committee aims to nurture the Adriennes and Charlottes of tomorrow by providing Arizona youth the foundation they need today.

Education and Opportunity for All Levels

ADA has always valued education for riders of all ages and ambitions, and this year's programs reflect that inclusive mission. A centerpiece of 2025 is the Core Transformation Series II – a multi-part clinic and symposium series designed to build fundamentals for horse and rider. Junior and Young Riders have opportunities to audit or participate in each session, ensuring our youth get front-row access to top-notch learning. Whether a rider dreams of the podium or just improving their horsemanship, ADA believes every young person deserves access to high-quality education.

ADA's 2025 Upcoming Events schedule highlights several key educational clinics in the "Core Transformation Series II," underscoring ADA's commitment to rider development at all levels. JR/YR riders can enjoy auditor and participant spots at these events.

- Sept 27 – "Build Your Core" Workshop with *Jeremy Bridges* & *Patrick Raby II*: Two biomechanics experts will focus on rider fitness and core strength, teaching what muscle groups to target to maximize effective riding. This fun, high-energy clinic will get our young riders moving and learning how a stronger core can improve their seat and stability in the saddle.

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- Oct 11–12 – Clinic with Janet Foy & Steffen Peters: A rare opportunity to learn from a world-class duo – Janet Foy, FEI 5* judge and author, and Steffen Peters, Olympic medalist. Over two days, juniors and young riders can audit as these experts work with horse/rider pairs, offering insights on everything from correct basics to the finesse of upper-level movements. It's an up-close look at training and competing at the highest levels, in an intimate educational setting.
- Dec 6 – Janet Jones Symposium: *Janet L. Jones, PhD* (neuroscientist and author of *Horse Brain, Human Brain*) will conclude the 2025 calendar year. She'll delve into the rider's mindset and the horse's brain – topics like "Brain to Brain: Cross-Species Communication" – helping our youth riders understand how horses think and learn. This clinic will emphasize the mental aspect of riding: focus, confidence, and partnership.

Each of these events aligns with ADA's mission to foster growth at all levels. Importantly, they are *not* restricted to the elite. A young rider just starting Intro Level can stand beside a seasoned competitor and glean knowledge all the same. ADA is ensuring that *every* youth member, whether aiming for their first blue ribbon or their USDF Gold Medal, has access to these learning experiences. By attending clinics and lectures, our juniors not only build skills, but also connect with peers and mentors, strengthening the community that will support them throughout their riding journey.

Building Youth Community (Online and Off)

Education is one pillar; community is the other. Being a young equestrian can sometimes feel isolating. You might be the only horse-crazy teen in your school, or juggling barn time with homework while your friends don't understand why you're always "at the barn." The ADA JR/YR Committee wants to change that narrative by connecting our youth riders and celebrating their stories.

One exciting new initiative is the launch of ADA's youth-focused Instagram account @az.young.riders. This social media hub is designed *by* and *for* young equestrians in Arizona. It's a place where junior and young riders across disciplines – dressage, hunter/jumper, eventing, and more – can share their journeys and support each other. The account's tagline proudly proclaims it as "AZ's hub for junior & young equestrians – connecting dressage, H/J, eventers…". The account is adult supervised for safety but content is created and curated by our young riders in and out of the arena.

We encourage all ADA members to follow @az.young.riders on Instagram and spread the word. See what our youth are up to: from behind-the-scenes clips at shows, to training triumphs, goofy barn moments, and Q&As with young riders. Better yet, send in your own stories! The committee invites juniors to DM the account with highlights, photos, short videos or even just a shout-out for a friend. By shining a spotlight on these young horsemen and horsewomen, we not only make them feel valued, but also inspire others.

On the ground, the JR/YR Committee is planning casual meetups at ADA shows and events to begin this late fall. Look out for the "Young Rider Meetup" sign at our next show, likely in the barn near our (Leslie & Mariska) stalls, a spot for youths to congregate, chat, maybe share some snacks and cheer each other on. By facilitating friendships and camaraderie, we hope our juniors will feel they are part of a tight-knit community within ADA. After all, the memories made with barn buddies and the support of fellow riders often matter just as much as scores and ribbons.

Pathways to the Podium: Demystifying Youth Programs

As our young riders develop, many will set their sights on bigger stages. The United States Dressage Federation (USDF) and U.S. Equestrian Federation (USEF) offer a range of youth programs, from awards and scholarships to high-performance pathways. Navigating those opportunities can be daunting. ADA's JR/YR Committee aims to be a bridge, helping Arizona youth access these national programs and *demystifying* the road to the top levels.

Later this year, we look to launch a "Youth Pathways" webinar series, featuring guest speakers who have been through it all. These online talks (free for ADA members) will break down topics like:

- Understanding the FEI Pathway: What does it mean to go from FEI Children to Junior, Young Rider, and U25? What are the FEI North American Youth Championships (NAYC) and how do you qualify? (Spoiler: NAYC is the premier annual competition in North America for young dressage riders, where riders 14–21 compete for FEI medals in a team format, think of it as a Junior Olympics for dressage!). We'll explain the required tests, the qualification process, and hear from a rider who's competed at NAYC about what the experience is really like.
- USDF/USEF Dressage Seat Medal Program: You may have heard of the Dressage Seat Medal classes – equitation-focused competition for youth. We'll cover how this program "celebrates excellence in equitation and strives to develop a solid foundation for future success in the dressage arena". In other words, it's all about how well you ride, not the fanciness of your horse. Learn how to qualify for the regional Dressage Seat Medal Semi-Finals and potentially the national Finals, and why equitation skills gained here benefit your riding in the long run.

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By arming our youth and their parents with knowledge, ADA reinforces that lofty goals are achievable. Whether a rider dreams of representing Region 5 at NAYC, earning their USDF Bronze medal before college, or just snagging a Dressage Seat Medal at a local show, we want them to have the roadmap and encouragement to go for it. The JR/YR Committee will be there every step, ready to answer questions and cheer on our young talent as they reach for the stars.

Arizona Youth Riders Shine at 2025 IEA Nationals

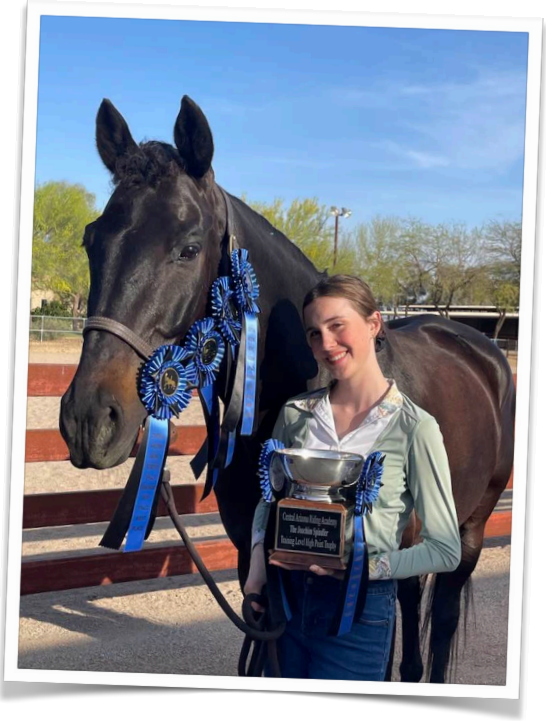
While many ADA youth are pursuing traditional dressage shows, others are additionally finding success in innovative programs like the Interscholastic Equestrian Association (IEA). In late April, three Arizona dressage teams, made the journey to the 2025 IEA National Dressage Finals in Lake St. Louis, Missouri. IEA nationals only include the top 12 individual riders in each level test and only the top 12 teams from all IEA teams in the nation. These are the top 12 teams and individuals out of roughly 15,000 riders! Competing against the top teams and individuals from across the country, our Arizona riders *did us proud!*

- RCR Farms – Middle School Dressage Team: Reserve National Champions 🥈. The RCR middle schoolers delivered a series of polished and focused rides throughout the weekend, earning them the prestigious title of Reserve Champions at the national level.
- Rising Phoenix Dressage – High School Team: 6th Place nationally. Riding strong all weekend, the Rising Phoenix high schoolers secured a ribbon finish (top 8 teams), placing 6th out of the nation's best.
- Scottsdale Equestrian Dressage – High School Team: 7th Place nationally. The Scottsdale team, put in a consistent performance to take 7th Place, right behind Rising Phoenix Dressage in the final standings after a tie break.

These results are outstanding, especially considering the IEA format itself is quite challenging: riders draw random horses provided by the host and must ride a dressage test or equitation class on an unfamiliar mount with 3 minutes (test) or no warm-up (DSE), talk about pressure! It speaks volumes about the skill and poise of our Arizona youth that they can adapt to catch-riding a strange horse and still perform medal-worthy tests.



Sophia Colin (RCR Farms): *"My favorite thing about IEA and nationals is meeting new people and riding a variety of horses that will make me a better rider! I love to meet new people from different teams, and I like that IEA makes riding more of a team sport. I tend to just ride my 2 horses and because of IEA I get to ride others and it pushes me to ride different horses for practice as well!"*



Felicity Thunes (Rising Phoenix Dressage): *"My time with IEA has been priceless. I have made connections and friends that I would never have even met if it had not been for joining IEA."*

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Sami MacDonald (Scottsdale Equestrian): *"IEA is all about teamwork, sportsmanship, and adjustability based on the horse you draw. Over the last couple of years, I have enjoyed creating strong friendships with my teammates and coaches. IEA is special because everyone's goal is to help get each other to nationals individually and as a team. The entire community is focused on young riders gaining confidence while riding different horses."*

Behind every successful youth team is a dedicated coach (or three). ADA and the young riders represented are incredibly grateful to the coaches who volunteered their time to lead these IEA teams. Most of them are ADA members, volunteers, and even a few who are committee and board contributors who juggled their own horses, jobs and students to help our youth compete. Their efforts, organizing practices, coordinating travel logistics, supporting on site and more often go unsung, but not unnoticed. *Thank you, coaches, for being the driving force and guiding light for our junior riders!* The sense of team and sportsmanship you instill in these kids will benefit them far beyond the show arena.

After the competition dust settled, Mariska caught up with some of the young riders about their nationals experience. In their own words (alphabetically by team):

Their smiles in the victory photos and these personal reflections say it all. The trip was about more than ribbons. Our Arizona riders returned home not just with honors, but with new friendships, hard-won confidence, and motivation to keep improving. Many of them forged bonds with teammates and riders from other teams. As one rider put it, *"We went from competitors to friends!"* That camaraderie and sportsmanship is exactly what youth programs should foster.

- Arthur Kottas on the Half Pass -

- Never let the horse put more weight on one shoulder than on the other.
- Any adjustment made during half-pass must be done with the inside leg and the outside rein.
- Make sure you are seated well in the axis of the horse with a little more weight on the inside seat bone.
- Makre sure the horse is bent from head to tail, but do not ask for too much bend.
- Act in an intermittent manner with your inside leg - don't clamp it on.
- Have the same contact on both reins, never abandon the outside rein. Putting more contact on the inside rein than the outside rein will restrain the movement.



CORE TRANSFORMATION SERIES II

PRESENTED BY ARIZONA DRESSAGE ASSOCIATION

THE MELDING OF MIND-BODY-SPIRIT, AN EXPLORATION WITH THE FINEST

AUG 15
MIND

WINE & SCRIBE WITH BEV ROGERS

REGISTRATION OPENS: EARLY JULY

Learn what the judges are looking for by learning how to scribe during this 2 hour session! Core Competence starts with a well rounded education!

BUILD YOUR CORE WITH JEREMY & PAT

REGISTRATION OPENS: EARLY AUGUST

Back by popular demand! Build YOUR Core! Jeremy Bridges and Patrick Raby II will have you Rockin' n Rollin' to the beat, learning how to be as Core Fit as the sport demands!

SEPT 27
BODY

OCT 11/12
MIND/BODY

CLINIC WITH JANET FOY & STEFFEN

APPLICATIONS OPENS: EARLY AUGUST

6 time Olympian Steffen Peters and Olympic judge Janet Foy combine to hone your test riding and Core Balance to perfection!

CLINIC WITH JANET JONES

REGISTRATION OPENS: EARLY NOVEMBER

Janet Jones, author of Horse Brain/Human Brain shares her insight on how horses learn, think, perceive, and perform! Learn to "read" a horse more completely to develop YOUR Core Intuition!

DEC 6
MIND/SPIRIT

JAN 9-11
MIND/BODY/ SPIRIT

CLINIC WITH MIKE OSINSKI

APPLICATIONS OPENS: EARLY OCTOBER

Mike Osinski, renowned Olympic dressage judge refines dressage expectations in a changing world view! Complete your Core Transformation journey!

From Setback to Centerline: My Season in the Saddle

by Mariska Sherlin



This season taught me more than any ribbon or score sheet ever could. In late October, I was thrown while on a catch ride. I suffered a compression fracture to my T12 vertebra, essentially, a broken back. It was scary, painful, frustrating, and aggravating in ways that continue to linger. I wasn't hospitalized, but I was sidelined for weeks and had to completely step away from riding. At the time, all I could think about was what I might miss; shows, training, momentum. I had been preparing for the ADA November show and aspired to be debuting a pas de deux with my father and our Gypsy Vanners, which I ultimately couldn't compete in.

But healing also gave me a new kind of perspective. About four weeks into recovery, with supervision, I was able to sit bareback on my heart horse. Olaf, a saintly Gypsy Vanner, took care of me every step (or standstill) of the way. Just being near him helped me emotionally reset. At six weeks, I was reluctantly cleared to begin light riding, and slowly, we both started getting back into riding shape.

Thankfully, I didn't have to miss any of the IEA dressage season, but coming back was still mentally and physically tough and draining. At the first set of post-injury shows, I was nervous and out of rhythm. I secretly questioned whether I was truly ready. But I kept showing up, and I kept trusting the process. I am fortunate to have some great trainers who were supportive as I worked through the physical challenges but also very notably the fear and anxiety responses.

The first set of IEA shows weren't fabulous performances for me, but I was able to place and start earning points toward zones and hopefully securing a spot at nationals. The second and final set of shows were improved in both my placings but also I started figuring out better how to get through my anxiety and fears, of course I still have moments of fear but I'm learning to work through it slowly. When zones came around, something clicked. I had regained most of my strength, my confidence, and most importantly, my joy in riding. By focusing on just riding rather than outcomes and judgements, I placed first in all three of my classes, two individual and one that counted for team points. By placing in the top two riders, it qualified me for nationals. At IEA nationals, I competed in two individual intermediate classes and placed 4th and 5th, and a team class finishing 7th. Of course I was proud of the results, but what meant the most was simply being there, walking into the arena knowing what I had overcome, a few months prior I was unsure if I would even be able to compete this season so the fact that I could ride and do well in a competition is something I am really grateful for.

What really stood out to me at nationals wasn't just the competition. It was the camaraderie. This year, I got to connect with so many amazing riders from Arizona across all teams. I spent time with riders I'd only met or seen from across the arena before, and we bonded over everything from horses to favorite music artists. I now have friendships that I know will last, regardless of whether we're competing next to each other, against each other or cheering from the sidelines.

Continued on page 18

Continued from page 17

We were all there to compete, but more than that, we were horse people who love what we do. I came away from nationals with a deeper appreciation for this community. We're stronger together. And while ribbons are fun, it's the relationship with our horses, and with each other, that really makes this sport special.

Being part of an organization like ADA, which supports riders no matter their goals, means a lot. Some of us dream of the FEI arena, and others simply want to connect with their horse and improve a little each ride. Both paths are valid, and both are celebrated here. That's what makes this community opportunity powerful and why I'm so grateful to be part of it and enthusiastic to contribute to it.

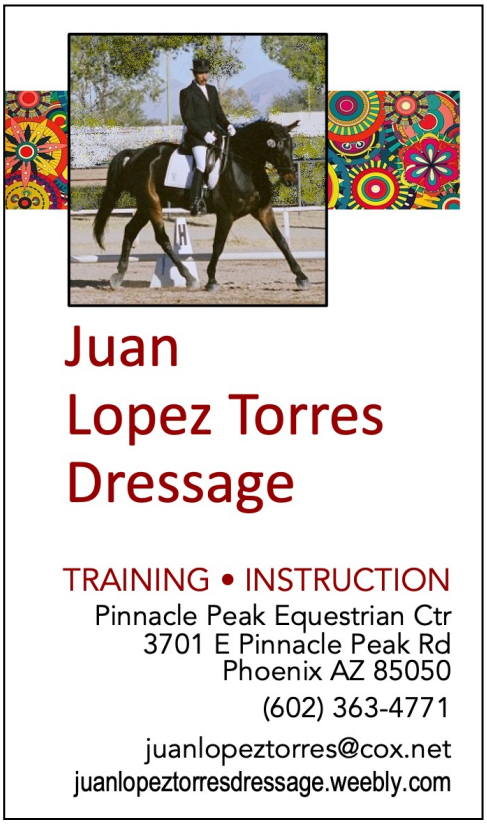
Join the Journey: Calling All Youth!
As we celebrate these milestones, a new committee launched, educational events in full swing, national accolades won, we also look to the future. ADA's Junior/Young Rider Committee is here for YOU, the youth riders of Arizona. Whether your aspiration is to ride down centerline at the FEI North American Youth Championships one day, or simply to be the best rider you can in your weekly lessons, ADA wants to support your dreams.

ADA is incredibly proud to be investing in its youth. From the board discussions that chartered this committee, to the volunteer hours spent organizing events, it's all fueled by a belief in our young riders. You are the future, not just future international competitors (perhaps some of you), but future trainers, judges, volunteers, and lifelong lovers of the sport. We want you to feel empowered to take the reins, both in your riding and in our organization.

So here's our call to action: come ride with us, learn with us, and grow with us. Share your highs and lows, because both are celebrated here. And remember, whether you bring home a national title or hug your horse after schooling a tricky movement at home, you are a valued part of the ADA family. Together, through this JR/YR Committee and beyond, let's continue to lift up our youth riders. They are the next generation of dressage stars and enthusiasts. The future is bright indeed, and we can't wait to see where you'll gallop off to.

Parents and trainers: if you have a hardworking young student achieving a milestone – say moving up a level, or overcoming a challenge, let us know so we can celebrate them! Contact me at l.sherlin@azdressage.org or DM our Instagram @az.young.riders.

— Happy Riding and Go Junior/Young Riders! —
Leslie & Mariska Sherlin



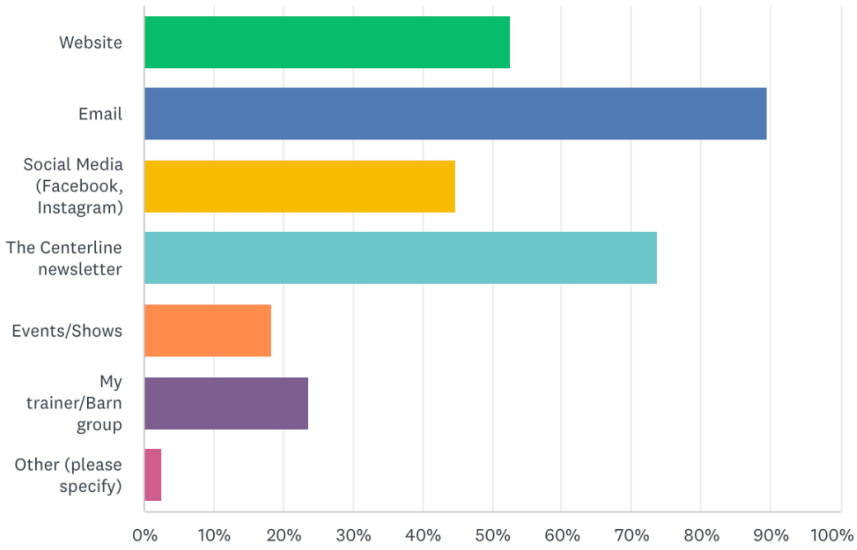
ADA Brand & Communications Survey Results:

Thank you to our members who participated in our brand survey. We had about a 20% response rate which is pretty good! Here are the key words that our members associate with our organization. These will be used to help craft our new brand logo and style. The general feedback was that ADA is all about giving everyone a fair shot, even if their horses aren't perfect. Members love the local shows and schooling events because they're more affordable. They want more shows and clinics to improve their skills and build a sense of community. There's excitement about the club's new direction and upcoming clinics with top trainers. People remember the fun dressage camp from years ago and wish for more hands-on learning opportunities. The club aims to be inclusive and diverse while sticking to its core mission of promoting dressage. However, the high costs of horse ownership and events are a concern. Overall, there's a strong interest in dressage, and members hope for more accessible and inclusive shows in the future.

WORD	COUNT	WORD	COUNT	WORD	COUNT
Education	16	Clinics	1	Training	1
Community	10	Progressive	1	Horsemanship	1
Shows	7	Adaptable	1	Elite	1
Competition	3	Creative	1	Restrictive	1
Fun	3	Connecting	1	Learning	1
Camaraderie	3	Empowerment	1	Horses	1
Encouragement	2	Welcoming	1	Connection	1
Inclusive	2	Knowledge	1	Integrity	1
Opportunity	2	Visionary	1	Respect	1
Passionate	2	Approachable	1	Horse Welfare	1
Awards	1	Support	1	Teamwork	1
Beauty	1	Excellence	1		
Local	1	Resource	1		
Dressage	1	Robust	1		

Where do you currently get updates or news from the club? Please select all that apply

Answered: 38 Skipped: 0



The Arizona Dressage Association has some great sponsorship options for 2025. You can go big with Platinum ($2,500), Gold ($1,250), Silver ($700), or Bronze ($450) levels, each offering perks like ads, class sponsorships, and vendor booths. There are also hospitality sponsorships with different prices, class sponsorships for $50, and advertising spots in the show program ranging from $35 to $175. Plus, there are "A La Carte" options for banner displays and flyers with specific pricing. It's a great way to get involved and support our organization !

We will also be developing sponsorship options for our upcoming Core Transformation Education Series kicking off in August, so stay tuned for more information. If you have questions reach out to fundraising@azdressage.org.

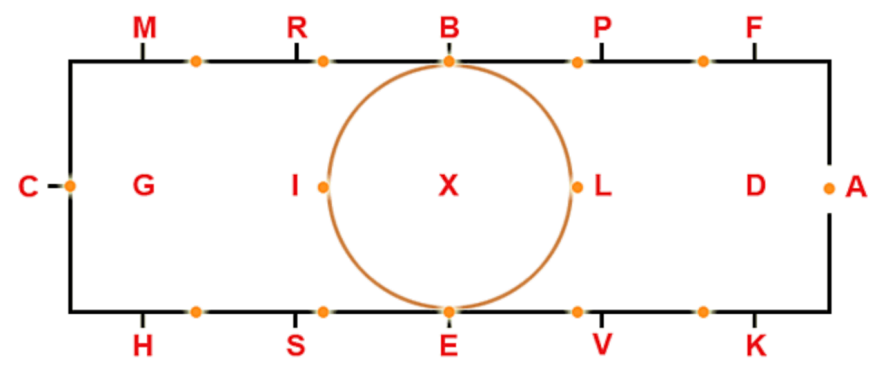
Arizona Dressage Association Sponsorship Options

Level	Price	Benefits
Platinum	**$2,500**	• Full page ad in virtual program, show signage recognition, 1 banner, 4 class sponsorships, Social media recognition, Stall front choice/vendor space, Golf cart for weekend, Flyer in show packet, vendor booth
Gold	**$1,250**	• Full page ad in virtual program, show signage recognition, 1 banner, 4 class sponsorships, Social media recognition, Flyer in show packet, vendor booth
Silver	**$700**	• ½ page ad in virtual program, show signage recognition, 2 class sponsorships, one banner, Social media recognition, Flyer in show packet, vendor booth
Bronze	**$450**	• ¼ page ad in virtual program, show signage recognition, 2 class sponsorships, Social media recognition, Flyer in show packet, vendor booth
Hospitality	**Varies by show & # of entries $500 - $10,000**	• **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	**$50**	• **Sponsor an Open Show class (when applicable/GAIG classes not available)**
Show Program Advertising	**Varies**	• **Business Card $35** • **Quarter Page $50** • **Half Page $100** • **Full Page $150** • **Cover $175**
"A La Carte" Sponsorship	**Varies**	• **Banner Display $50** • **Flyers in Show Packets (150) $30 - you provide flyers** • **For custom sponsorship packages, please discuss with Fundraising Committee**

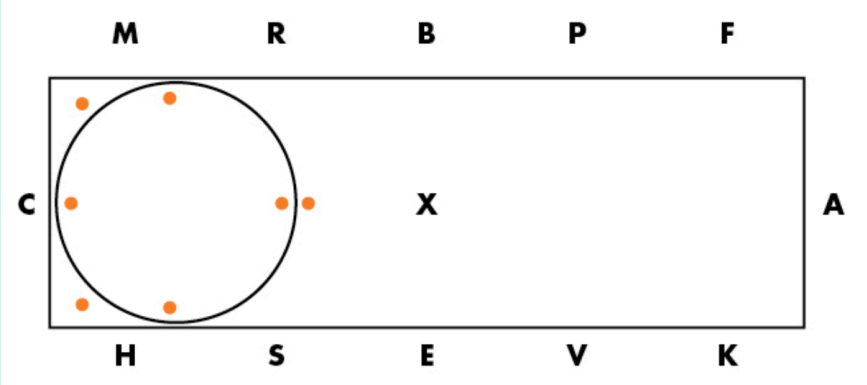
The Geometry of The 20 m Circle

by Beth Martinec

If you are riding Intro, Training Level, or First Level, you will encounter the 20 meter circle. They seem simple enough at first but looking at one drawn on the page of a test sheet and riding one in a test, well that's a whole other story. If you've spent any time in the judge's booth watching tests, some of the most frequent comments for the 20 meter circles are about size, location and accuracy. Circles are lopsided, too small, too large, don't touch the sides where they should, and worst of all, aren't even a circle.

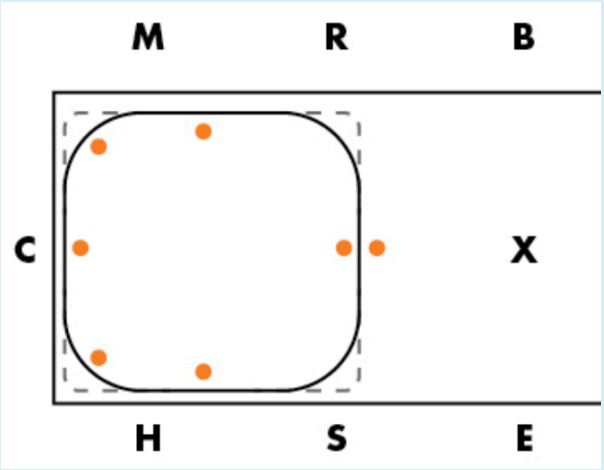


To ride a correct 20 meter circle, or any size circle for that matter, it is first necessary to know the layout of the dressage arena and the distances between the letters. Knowing the geometry of the ring allows you to accurately place your circles. The 20 meter circle at B or E is centered around 'X', it touches both B and E, and is two meters shy of I and L crossing the centerline. The 20 meter circle placed at C or A, touches the C or A and touches those shared points on the centerline, now two meters beyond I and L. Touching the shared points on the centerline allows the rider to fit three circles end to end along the length of the arena.



Adding to the trickiness of the 20 meter circle at C or A is understanding where the circles must touch the long sides. These circles touch the long sides 10 meters out from the corner, or four meters beyond the first letter after the corner.

The most common mistakes riders make riding a 20 meter circle come from a lack of focus on the accuracy of the geometry. Understanding what these common mistakes are is also important. You need to know what they are in order to avoid them! Some riders spend too much time on the long sides. Instead of just touching the long side with a step or two and coming right back off, they travel several steps down the rail causing the circle to become an oval with flat sides. Another common fault is not touching the long sides at all. This results in the circle being too small. Some riders turn too sharply off the long sides thinking that they must hurry up and get over to the other long side which ends up making a flat spot on the open ends (crossing centerline). The mistake that drives the judges the craziest is when the rider adds corners to the circles at C or A. So instead of making a full circle, the rider makes half of the circle a square. To avoid this last mistake, the rider must remember that as soon as you begin the circle at C or A, you eliminate the corners until the circle is completed. So you start at C or A, skip two corners, one as you leave the short side and one as you return to the short side. After that movement is complete, then you ride into the corner as you return to the long side.



In Training Level and First Level, the 20 meter circles are coefficients so the score you earn gets doubled as it's added up for the final score. Focusing on learning the correct geometry and avoiding common mistakes can make a dramatic impact on your score.

NORTHERN ARIZONA CHAPTER
ARIZONA DRESSAGE ASSOCIATION

NAC of ADA Officers/Board 2025

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

Lynne Trenery, Vice President, Lynne@freemansaddlebreds.com

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

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

Lisa Darling, Education and Clinic Committee Chair

Theresa Reese, Director

Kristy Doty, Director

Kate Goshorn, Director

Carol Stearns, Director

Kay Turner, Director

2025 Schooling Show & Clinic Dates

April 12th - Michell Combs (Freeman Farms)
May 31st - Biomechanics Clinic, Heike Barret (Freeman Farms)
July 19th - Dori Vlatten (American Ranch)
Sept 6th - Jenny Cohn 'L' (Freeman Farms)

VISIT OUR WEBSITE
www.nacofada.com

2025 CALENDAR OF EVENTS

JANUARY

FEBRUARY

MARCH

8-9: TDC March Madness: Pima Country Fairgrounds, Tucson

16: ADA Schooling Show: Carefree Farms

22: Dressage at Dale Creek, Betsi Waldron (847) 989-1113, waldronx2@foxvalley.net

28-30: CARA Champagne I Show: Queen Creek

APRIL

12: NAC Schooling Show: Freeman Farms, Michell Combs

19-20: Dressage at Bar A, Scottsdale

MAY

31: NAC Biomechanics Clinic, Heike Barret-Freeman Farms

JUNE

6-7: Roadrunner I: Pima Country Fairgrounds, Tucson

14-15: ADA Summer Heat: WestWorld, Scottsdale

JULY

19: NAC Schooling Show: American Ranch, Prescott, Dori Vlatten

AUGUST

15: ADA Clinic - Wine N Scribe with Bev Rogers

SEPTEMBER

6: NAC Schooling Show: Freeman Farms, Judge Jenny Cohn 'L'

22: ADA Clinic - Build YOUR Core! With Jeremy Bridges & Patrick Raby II

OCTOBER

11-12: ADA Clinic - Mind/Body with Janet Foy

18-19: CARA Harvest Show

19: ADA Schooling Show: Carefree Farms

25: Dressage at Bar A, Scottsdale

NOVEMBER

1-2: ADA Fall Fiesta: WestWorld, Scottsdale

9: ADA Schooling Show: Carefree Farms

15-16: TDC Fall Festival I & II & AZ State Championships: Pima Country Fairgrounds, Tucson

DECEMBER

6: ADA Clinic - Mind/Spirit with Janet Jones

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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