Arizona Dressage Association

# The Centerline





September 28, 2024, is a magical date now set in the Arizona Dressage Association history books!

Core Transformation, a synergistically linked 3 symposium series has arrived! The ADA promised to give back to it's members after great attendance in the preceding shows, and the ADA Educational Committee, chaired by Cathy Jones, delivered in spades.

On an unseasonably hot, late September morning in north Scottsdale, 50 participants worked their butts off, sweated, laughed, collapsed, worked again, sweated again, laughed again, collapsed again (repeat all for 4 hours with three 15 minute breaks), and when asked about it, said: THEY LOVED IT!

When asked about what the exercises consisted of, many, including this writer, said, PLANKS! Like Bubba's shrimp in the movie, Forrest Gump, instead of 50 different types of shrimp, we did many versions, with repetitions, of planks, in the Static section of the exercises.

The first exercise set was comprised of warm ups which included working stretches, and different hip flexor movements while standing on one leg (switching legs between sets). When we were adequately warmed up, we moved on to the first main segment.

The next segment was the "static hold" section which was the plankity, plank, plank plank segment. This segment was deviously contrived, and it delivered!

The third and final segment was various movements within a plank. This segment was the most difficult as we were already fatigued. The planks were repeated with our elbows on a large yoga ball, and the task was to roll the yoga ball forward and back while holding your "plank", as well as other leg movements. (The yoga ball was a gift to all participants from ADA)!

Seriously, it was, as the symposium series title suggests, all about your core. The instructors, Jeremy Bridges, and Patrick Raby II, were fantastic, keeping everyone motivated with movement, humor, and the best music ever. Both of the instructors were absolutely charismatic, with physiques to match. In between each session we were treated to a 15 minute break with music, dancing, and time to hydrate and eat a snack

*Continued on page 4*

## ADA Board

Interim President: Kathy Smith
ksmith@azdressage.org
Secretary: Rebecca Lindy
rebajumper@msn.com
Treasurer & Trustee of Records: Cynthia Ganem
cganem@azdressage.org

## Committees

Awards: Maeike Zoet
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Webmaster: Sue Leutwyler
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**ADA Board Attorney:**

Wendy Riddell
w.riddell@azdressage.org




# Earn Volunteer/Service Hours

## Contribute to The Centerline Today!

### Letters to the Editor:

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

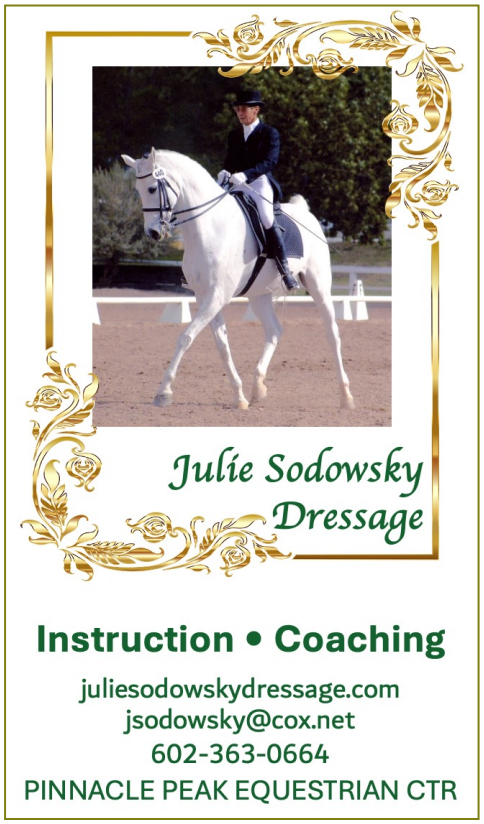
### Member Submissions to The Centerline:

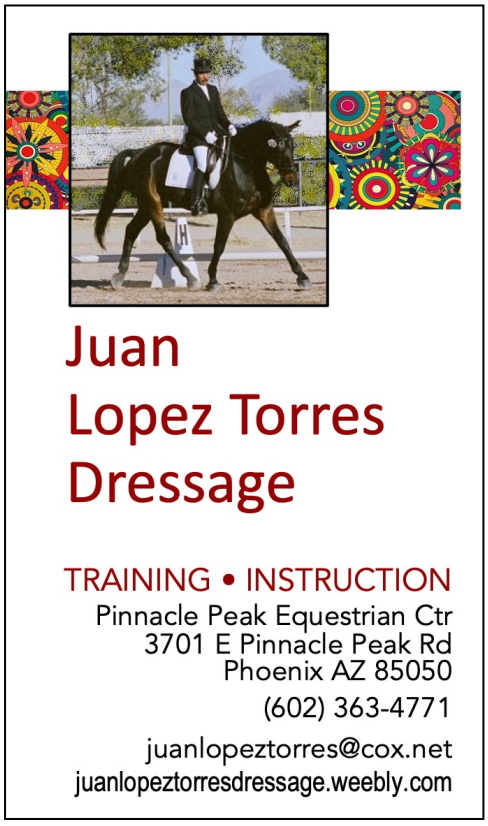
Submit an article and photo of you and your horse on a topic of interest, a clinic or show experience. Submit your favorite barn and horse care tips, or review clinic. We'd love to hear from you! Send to centerline@azdressage.org
If the photo is a riding photo, a helmet is required.

**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.

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October
26TH
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ARIZONA DRESSAGE ASSOCIATION
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ANNUAL
LUNCHEON
AWARDS
2024 YEAR END AWARDS
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$25.00, Per Person
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www.nacofada.com


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(all provided by ADA) and Jeremy and Patrick moving through the crowd, answering questions, and being very entertaining. So here's the question.

What could have motivated a relatively large group of people to work out like this, in a covered arena, in Scottsdale Arizona when the forecast predicted a temperature high of 110? The answer is really quite simple.

HORSES!.....AND THE PROMISE OF IMPROVEMENT!

Horse people are a curious lot.

The phrase, CORE TRANSFORMATION, conjures up images of a Chrysalis metamorphosing into a stunningly beautiful butterfly, or, the you that you are now, changing into Lottie Fry, expertly guiding your horse, who has subsequently started imitating Glamourdale in his signature canter extension! (And the crowd watching, roars in approval!)

Ahhh, dreams, but really, isn't that a huge part of this sport? We all, live and die on the hill of dreams. We dream about moving up through the levels, mastering each one, and like that Chrysalis, emerging at the top of the training scale pyramid like a gorgeous butterfly, dynamically putting in an awesome test with our equine partner at Grand Prix! Reality, is maybe not quite like our dreams...But, real and substantial improvement, in a relatively shorter period of time than you thought possible, is.

Core Transformation is more than just a catch phrase, because without balance, both, within you and your horse, that elusive goal of self carriage is just that, elusive. With respect to transforming your relationship with your horse, your training, and your performance results into excellence, building your core into the strength that offers stability and balance, will literally enable a new you to emerge. Add in the skill set that you will gain from attending Core Transformation Symposium #2, and prepare yourself to be thrilled.



We are even more excited to host the second Symposium in the series, featuring Mary Wanless's groundbreaking research on the biomechanics of excellent riding, which explores the use of your core, and the fantastic effects it has on your horse! Stay tuned for more transformation....it's coming in December!

P.S. While the ADA has promised to give back to it's members, please read this as an inclusive invitation to everyone reading this to attend, regardless of club membership. In these times and environment, ALL who are in love with horses need to find camaraderie, and most of all, a sense of community, bonded together through the love of the horse, and education that enhances our ability to communicate with these exquisite animals.

*- Written by Ray LaCroix*

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# CORE TRANSFORMATION SYMPOSIUM SERIES

## SYMPOSIUM #2-THE BIOMECHANICS OF CORE TRANSFORMATION FROM YOU TO YOUR HORSE

### December 7 &8, 2024 at Bar A Ranch

**Rider Application Deadline: November 6th**
**Auditor Registration Deadline: November 30th**

The world's best dressage riders all do similar things within their riding. The groundbreaking researcher, Mary Wanless, has proven that commonalities within posture and way of moving are the key components to success at the highest levels, and also the keys to rapid development in novice and amateur riders as well!

Our clinician for this next section, Missy Gilliland, has taken the deep dive into the biomechanics of excellent riding through training with Mary Wanless, the premier researcher of this niche, and her protege Heather Blitz.

**Day 1:** From an analysis of riding style, Missy will integrate "the isolates of excellence"; the critical postures and ways of movement that Mary Wanless has identified and isolated as the commonalities shared by the world's best horsemen and horsewomen in today's dressage world.

**Day 2:** The "Isolates" that you learned on day one will be easier to duplicate, and you will be able to directly apply your new form to the performance of your horse. You will smile, and so will your horse, when he/she learns to trust your new core stability, and starts to move with the precision that is born within balance!

For more information and to register, visit:

*https://azdressage.org/symposium-2-the-biomechanics-of-core-transformation-from-you-to-your-horse/*

HORSESHOE SPRINGS
KIM J. YACOBUCCI, TRAINER
28635 North 53rd Street · Cave Creek, AZ 85331
602-370-4039

# USDF REGION FIVE

I hope everyone had a successful Regional Championship competition if you've attended one of the nine Regional Championships this year! It's always fantastic to watch the success of our competitors and the dedication to our sport. We give a huge THANK YOU to the Rocky Mountain Dressage Society for hosting the Great American USDF Region 5 Championships in Parker, Colorado this year. Congratulations to everyone who qualified for the Regionals, competed, volunteered, groomed, coached and participated in all the many ways that are needed for our sport. I hope to see some of you at the US Dressage Finals in November. I know many of our Region 5 folks are planning to travel to Kentucky and it should be an amazing week of very good dressage!

The USDF convention is just around the corner I hope you will join us this year in Houston, Texas. There are many great education activities planned and some fun to be had! Be sure to check the convention schedule and attend the Region 5 meeting, along with the Board of Governors and learn more about how your USDF works. The information and schedule will be posted at www.usdf.org/Convention/. Our first regional meeting will be virtual and will be held in November. We'll touch on a few points regarding Region business and talk a bit about the convention agenda as well. Everyone is welcome at the Regional meetings and at the USDF Convention. If you're getting an award, please let me know as we try to save a few tables during the Awards Dinner for the Region so we can all get to know each other better.

Your Participating Member Delegates to the USDF Convention for 2024 are Joan Clay, Cecilia Cox, Karen Harkin, Kaye Phaneuf, and Carol Weamer. These ladies will be representing our Region during the voting portions of the Board of Governors meetings, in addition to representatives from each GMO. If you have an opinion on any things of import, please reach out to the delegates and let them know your thoughts. – their contact information can be found at https://www.usdf.org/about/about-usdf/governance/nominating/delegates.asp.

Region 5 will be hosting a USDF Youth Outreach clinic October 5-6, 2024 with Brandi Roenick at Central Arizona Riding Academy in San Tan Valley, Arizona. Brandi was a member of our USDF Region 5 NAYC team several times and won multiple medals at NAYC. She now resides in Europe and has won numerous accolades around the world. Congratulations to James Fehr, Alexis Miller, Dhyana Patel, Dagny Pritchett, Kenzie Riddell, Mariska Sherlin, Felicity Thunes and Ellis Venkatesh for being selected to ride.

We will be holding the USDF Region 5 Jr/YR clinic with USDF President and USEF Youth and Pathways Coach George Williams at Nighthawk Equestrian Center in Longmont, Colorado October 20-21, 2024. Thank you very much to Karen Whitman and Kim Luther for the donation of your lovely facility for this clinic. Congratulations to the riders who were selected to ride – Bailey Armbrecht, Catherine Burlew, Candice Christopher, Victoria DeWitt, Bridget Kelly, Elizabeth Petersen, Maya Rosenthal, and Claire Wolf.

There are many fun things on tap for education with our GMOs in the near future, so please be sure to check your local calendars and participate in these great opportunities!

Till next month!
Heather Petersen

Region 5 Director

ARIZONA DRESSAGE ASSOCIATION

*2025 Membership Application December 1, 2024 - November 30, 2025*

## PRIMARY / INDIVIDUAL MEMBER INFORMATION

**Check Membership Type:** ☐ Renewal ☐ New Membership ☐ NAC (Must Select to be NAC)

Current USDF # _____ (If Applicable)

**Use this Form for Payment by Check ONLY - For Payment by Credit Card, Join Online at** *www.azdressage.org.*

Name (print clearly) _____ Date of Birth (_____/_____/_____)

Address _____ City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____ Work Phone _____

OPT-IN to receive important ADA information by providing your Email address: _____

***Centerline newsletter, Show, Clinic and Membership information are delivered electronically.*** **We respect your privacy. ADA does NOT share your personal information with ANY third parties! See Full Privacy Policy on ADA Website.**

Signature (required) _____ Date _____

**JUNIOR /YOUNG RIDER MEMBERSHIP**: (one vote) Date of Birth (____/_____/_____) (under age 22 by December 1, 2025)

**FAMILY MEMBERSHIP**: Only the PRIMARY / INDIVIDUAL MEMBER gets one ADA vote. All memberships eligible for ADA Awards. Every ADA FAMILY MEMBER gets a USDF Group Membership with the additional fee. Some USDF Restrictions May Apply. **Per USDF, Supporting Members MUST reside at the Primary Family member's address.**

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

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

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

Individual Membership..... $66.00
☐ AA ☐ JR/YR ☐ Open

Primary Family Membership..... $66.00
☐ AA ☐ JR/YR ☐ Open

Each Supporting Family member ..... $35.00
#1 ☐ AA ☐ JR/YR ☐ Open
#2 ☐ AA ☐ JR/YR ☐ Open

☐ Hard Copy Newsletter (optional).....$ 35.00

☐ ADA donation (optional).....$ 10.00
(for rider education programs)

☐ USDF Region 5 donation (optional)..... $ 1.00

☐ Region 5 JR/YR donation (optional) ..... $ 5.00

***ADA is a 501(c)(3) not-for-profit Organization***
***Your generous donations help fund ADA Scholarships and Travel Grants for educational opportunities!***

**TOTAL enclosed $ _____**

Make checks payable to: "**ADA**"

*Mail to: **Michell Combs**
8877 N 107th Ave, Suite 302-238
Peoria, AZ 85345

Or Scan/Email to: Membership@azdressage.org

**** Envelope must have Michell's name on it***

***** ADA strives to keep membership fees as low as possible. Our increase matches the USDF GMO membership dues increase for 2025.**

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**HELP WANTED**

*ADA is a Volunteer Organization.*

****** Volunteering your Time or Expertise is required for Year End Awards, Scholarships, and Grants ******

Visit *www.azdressage.org/volunteer/* for details.
Contact ksmith@azdressage.org
if you can help us out!
*or*
☐ Volunteer Donation (optional).....$ 50.00
*or*
*These are some areas we can use your help!*

| | |
|---|---|
| Horse Shows | Newsletter |
| Clinic Activities | Membership |
| Board Member | Annual Awards |
| Selection Committees | Provide Arena |
| Fundraising | Provide Event Venue |
| Public Relations | Hospitality (home) |

GMO GROUP MEMBER ORGANIZATION USDF

*"To Promote the Advancement of Classical Dressage through Education"*

Full Mission Statement at *www.azdressage.org*

ARIZONA DRESSAGE ASSOCIATION
Regular Meeting
September 9, 2024 Minutes www.azdressage.org

**The meeting was called to order at 6:41pm.**

**Officer's Reports:**

1. **Directors/Alternate Directors Present:** Kathy Smith, Cynthia Ganem, Michell Combs, Susan Skripac, Maeike Zoet, Ann Damiano, Rebecca Bruening, Anastasia Keyser, Jarred Sallus, Rebecca Lindy, Kadryia Musina-Sallus, Nicole Zoet
2. **Directors/Alternate Directors Absent:** Tania Radda
3. **Guests from other chapters:** none
4. **Guests:** Paula Nelson, Cathy Jones, Erin McHenry
5. **Secretary's report-** approved by Board. Cynthia Ganem moved to approve the secretary report as published in the Centerline, seconded by Susan Skirpac.
6. **Treasurers' and Finance Report –** Operating Account: $22,103.89; Debit Account: $5,858.22; Pantano CD- $11,745.80; Petty Cash $400.00; and Catastrophic reserve is 87% of legal requirement.
    a. Cynthia shared the August YTDP&L which showed Net Income of $70,181.64 also with a comparison to same time last year. Finance committee to review the differences at the next meeting
7. **Recognized Shows (1st VP) –** Kathy Smith
        i. Upcoming Fall Fiesta November 2 and 3:
            1. Manager for the November show will be Teresa Uddo (FL)
            2. Grounds manager TBD-request by Kathy to promote the role on FB and within the community
        ii. Show committee to meet the week of 9/23
8. **Schooling Shows (2nd VP) –** Tania and Ann toured Chaparosa Ranch as another venue option. Need to find someone to lead the Schooling Show initiative.
9. **Membership Committee –**
    a. Discussion regarding increased pass-through costs for membership from USDF. USDF raising membership pass through by $8 and supporting member by $7. Ann Damiano motioned to pass through to membership, Rebecca Lindy seconded. Motion passed.
    b. Michell Combs reported the following:

**Membership Stats as of 9/9/24**

| | Total Members | Renewed | Returned from a Prior Year | New | Not Renewed |
|---|---|---|---|---|---|
| **Adults** | 204 | 170 | 17 | 17 | 41 |
| **Junior/Young Rider** | 14 | 11 | 1 | 2 | 1 |
| **Total** | 218 | 181 | 18 | 19 | 42 |

10. **Education Committee** – Cathy Jones reported on the Education symposium:
    a. CORE –1st symposium currently has 35 people, 8?? Not ADA members
    b. Rider Biomechanics-2nd symposium application will be published in the next week
    c. Judge's View-3rd Symposium will include Friday for Trainers and Saturday and Sunday for amateurs

d. USDF Newsletter recognized our Symposium with $1000 grant (we need to apply $35 fee) and will be advertised on the USDF page
e. Other follow up items: article for USDF Connection and presentation at Annual Convention
f. Follow up items:
    i. Stencil with ADA logo-Cathy has
    ii. ADA Tent- Kathy Smith has a new one and will provide
    iii. Easels, decorations – Tania /Nicole has or trailer
    iv. Shirts for 2 trainers with ADA logo & Core transformation- Cathy to source directly
    v. Certificate of Insurance- Cynthia sent to Kelly Stapleton last week
    vi. Audio system- new one needed (least expensive around $1000 with bluetooth, speakers, arena distance) we have one currently in storage
        1. Ann Damiano motioned, Rebecca Lindy seconded up to $1000 for a new sound system, but will check the old system to see if it works first and a less expensive option
    vii. 2025 planning: mental aspects of riding (rider, horse and judge's view with Mike Osinski –already has signed contract with Mike)

11. **Communications Committee** – Erin McHenry
12. **Awards Committee –** Maeike reported that the Awards committee proposes to change the ADA year end awards to include all USDF recognized shows in the state of Arizona. At least one score must come from an ADA hosted show, 3 scores in total for any show in the state. Discussion regarding challenges with securing enough scores. Decision tabled until the Show Committee meeting, will combine with this specific Award Committee issue.
    Rebecca Lindy proposed to add High point breed award to ADA shows and has reached out to twelve Participating Organizations for information. Kathy Smith will follow up with USDF to confirm if we can add this to our November show. Rebecca Lindy will take the lead to implement in ADA shows and recruit assistance for scores at the shows. Details to be solidified at the next Show Committee meeting.
    Cynthia Ganem offered to create with her artwork additional show awards (mugs, t-shirts) at cost for the product.
13. **Nomination Committee –** The Nominating Committee has reviewed the bylaws with three attorneys and made proposed updates. The Board will be meeting September 16 to vote on the bylaw updates.
14. **Futurity –** Currently have two nominees for next year, one Adult Amateur and one Open.
15. **Equipment –** No report submitted.
16. **Fundraising Committee –** Have already secured approximately $7500 for the State Championship show. Will be officially starting fundraising activities soon.
17. **Junior/Young Riders Committee-** No report submitted. Report will be provided at the next regularly scheduled meeting.
18. **New Business – CALL TO MEMBERS –**

Members may be recognized by the Presiding Officer and may then address the Board regarding issues of concern to the Association. The Presiding Officer has the right to limit the amount of time that each Member has to address the Board.
Discussion regarding open Board position with Amy Burnett's resignation. Decision to table this vote until the next regularly scheduled Board meeting.
Brief discussion regarding the website and lack of back-up for Sue Leutwyler.
**Announcement of Next Meeting –**Next meeting on October 14 at 6:30pm. ADA Members are invited to the meeting. Contact Rebecca Lindy by phone or email for details. Email: rebajumper@msn.com Phone: 480-480-5200.
**Adjournment:** Motion to adjourn made by Cynthia, seconded by Kathy Smith. Meeting adjourned at 9:32 p.m.

Respectfully Submitted by
Rebecca M. Lindy
Secretary

NORTHERN ARIZONA CHAPTER
ARIZONA DRESSAGE ASSOCIATION

## NAC of ADA Officers/Board 2024

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

Lynne Trenery, Vice President, Lynne@freemansaddlebreds.com

Diane Howey, Secretary, dmh@alliancecom.net

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

Lisa Darling, Member at Large, Education and Clinic Committee Chair

Theresa Reese, Member at Large, Administration

Kristy Doty, Member at Large

Kate Goshorn, Member at Large

Carol Stearns, Member at Large

Kay Turner, Member at Large

## 2024 Schooling Show & Clinic Dates

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

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

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

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

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

VISIT OUR WEBSITE

www.nacofada.com

# 2024 CALENDAR OF EVENTS

**JANUARY 2025**

11-12: ADA Symposium #3, Horseshoe Springs

**FEBRUARY**

3-4: ADA Spring Celebration: WestWorld, Scottsdale

**MARCH**

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

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

**APRIL**

20-21: Dressage at Bar A

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

**MAY**

18: NAC Schooling Show: Chino Valley Equestrian Park

**JUNE**

1: Clinic with Michell Combs: American Ranch, Prescott

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

15-16: ADA Summer Heat: WestWorld, Scottsdale

**JULY**

20: NAC Schooling Show: American Ranch, Prescott

**AUGUST**

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

**SEPTEMBER**

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

28: ADA Symposium #1, Bar A

**OCTOBER**

**NOVEMBER**

2-3: ADA Fall Fiesta: WestWorld, Scottsdale

16-17: TDC Fall Festival I & II: Pima Country Fairgrounds, Tucson

**DECEMBER**

7-8: ADA Symposium #2, Bar A

## 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*
*PO Box 31602*
*Phoenix, AZ 85046-1602*