Arizona Dressage Association

THE CENTERLINE

Reminder to 2024 AZ State Championship Class Riders

If multiple riders qualify on the same horse, one rider only may complete in the AZ State Championship classes and the concurrent Open Show which hosts the Championship classes.

Arizona State Championship Rule #5

"At no time during the Championship or the concurrent Open Show may any horse entered in the Championship competition be ridden by anyone other than the rider entered in the Championship competition on that horse (Exception: grooms riding on loose rein). Further, any horse entered in the Championship competition, even if entered at two levels, must be ridden by the same rider throughout all days of the competition, including the Open Show held in conjunction with the Championship show."

A Horse-Rider combination may enter the AZ State Championship classes only at the level(s) at which the pair qualified.

The following horses qualified for the2024AZ State Champion classes at least twice and had been ridden by more than one person.

Beniciano BG		
Barngrover, Alyssa	First Level	Adult Amateur
Barngrover, Alyssa	Training Level	Adult Amateur
Lindsten, Taylor	Training Level	Open
Ehrenfurst		
Bruening, Rebecca	Prix St Georges	Adult Amateur
Jackson, Cyndi	Grand Prix	Open
Last Chapter		
Lindsten, Taylor	Fourth Level	Open
Taylor, Karrin	Third Level	Adult Amateur
Romano Larios		
Apicella, Kimberly	Fourth Level	Adult Amateur
O'Hara, Bobbie Lynn	Fourth Level	Open
San Laurino H		
Lindsten, Taylor	Intermediare I	Open
Taylor, Karrin	Fourth Level	Adult Amateur
Vinoce		
Bryan, Almgren Chelsey	Second Level	Open
Callahan, Tammy	First Level	Adult Amateur

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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.

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09/10/2024

Dear ADA Board,

It has been an immense honor to serve alongside all of you. I truly enjoyed our time together and all the work we did with our club to provide our dressage community with opportunities for enrichment and education of our sport. I cannot thank you all enough for the support and friendship these last 8 years. It was hard work, time consuming, at times frustrating, but it was also gratifying in many ways as we came together and provided services, cheered on successes, and watched our community thrive through all the challenges we experienced.

As you all know we have been discussing a transition plan for the past 6 months. Many of you have provided significant information, knowledge and experience to the team as a whole to ensure a positive transition. It appears that our board is ready to head in a new direction, and I want to be supportive and allow the board to formalize its new direction and leadership team to provide for the future of the club.

I have some personal challenges in these next few months and will not have time to follow up on all our club's affairs. My personal situation opens up an opportunity for me to step down as the president of our organization and to allow the board to continue the work. As you all know and experienced, dedicating time for our organization has always been a challenge to manage, and currently, it will be impossible for me to keep up with the affairs of our club.

Yes, through this letter I am submitting my formal resignation as the president of the Arizona Dressage Association. I will stay in office until September 17th, for our Bylaws meeting as I think it is an important step for our club to look at our new bylaws and to help the board through this process. I am happy to continue to help the association with the transition for a new candidate to serve as the president of the association. I will be happy to provide advice, answer questions, help transition all the affairs I currently oversee.

It has been an honor to serve on this board with all of you. I greatly appreciate the contributions each one of you brought to our association and to this board. I wish all great success.

Thank you all for the care, friendship, and support all these years. I truly enjoyed working with everyone and I am happy to have had this wonderful experience and to share it with all my dressage friends.

I wish you all the best,

Tania Radda



Riding to Your Full Potential:
Mental Strategies for Peak Performance

~by Dr. Leslie Sherlin

Introduction

Mental strategies are some of the most powerful tools riders can use to unlock their full potential in dressage. These techniques—ranging from goal setting to positive self-talk and mental resilience—are not just theoretical concepts; they are actionable practices that can significantly impact performance. As a Certified Mental Performance Consultant (CMPC) and Licensed Professional Counselor, these are among my favorite topics to teach and practice in sport and performance psychology consulting. Through my work with elite athletes across various sports, I've seen firsthand how these mental strategies can elevate performance and help individuals achieve their full potential.

In this article, we will explore how setting clear goals, practicing positive self-talk, and developing mental resilience can help riders push themselves to new heights. These strategies will not only help you perform at your best but also ensure you enjoy the process along the way. As you read through these ideas, keep in mind that I will also be sharing practical exercises and additional educational content on these topics in future editions. My goal is to provide you with the tools you need to thrive, both mentally and physically, in the sport of dressage.

Imagine you're entering the dressage arena, feeling the familiar combination of excitement and nerves. You've prepared for this moment, practicing the movements, perfecting your transitions, and working closely with your horse. But as you approach the centerline, self-doubt creeps in. You wonder if you're truly ready. Will your mind stay focused? Will your performance reflect all the hours of hard work?

This internal dialogue is familiar to many riders. The physical preparation may be complete, but without mental strategies to guide you through the pressure and uncertainty, even the most skilled riders can fall short of their potential. This reminds me of an important story from my experience working with top-tier athletes in a different sport. I had the privilege to collaborate with Rickie Fowler, an elite golfer, while we were both working with Red Bull NA on a project exploring how pressure impacts performance. During one of the exercises, we were counting how many putts Rickie made under increasing pressure. At the end of the session, I mentioned that he had "missed" three putts, making 15 of the 18 we placed on the green. But Rickie calmly corrected me, saying, "No, I missed two… one didn't go in, but I did everything exactly as I intended—it just didn't drop."

What a profound lesson. Sometimes, even when we execute everything perfectly, the outcome doesn't match our expectations. This is an important concept for equestrians, as we work with a prey animal partner who is focused on so many more variables than just the execution of a movement. As riders, we must adopt the mindset that success isn't always about the result, but about how well we manage ourselves and our performance in each moment. The mental strategies we employ—like staying focused, managing pressure, and trusting our preparation—are what truly allow us to ride to our full potential, no matter what happens in the arena.

Goal Setting for Success

Goal setting is one of the most fundamental mental strategies for reaching your full potential as a rider. Clear and well-defined goals provide direction and motivation, giving you a roadmap to follow as you work to improve. In dressage, where precision and progress are critical, setting specific, measurable, and achievable goals can be the difference between stagnation and consistent growth.

The Importance of Clear Goals

Having clear goals gives riders a tangible target to work toward. These goals help maintain focus, especially in the midst of long training sessions or when working through challenges. When you set goals, you're giving yourself a structure that keeps you accountable. Riders without clear goals often find themselves aimlessly going through the motions, feeling frustrated or uncertain about their progress. Clear goals allow you to track your achievements, celebrate milestones, and understand where to make adjustments in your training.

Whether you're aiming to improve your seat, perfect a specific movement, or increase your competition scores, goal setting gives your riding purpose. This sense of direction fuels motivation and enables riders to push themselves further, even on tough days.

Understanding Outcome, Performance, and Process Goals

A balanced goal-setting strategy involves three types of goals: outcome, performance, and process goals. Each type serves a specific role in helping you progress, and understanding their differences can enhance how you approach training and competition.

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Outcome Goals are focused on the end result. In dressage, this might be winning a competition, qualifying for a certain level, or achieving a high score. While these goals are motivating, they can also bring pressure, as they depend on factors that aren't always within your control—like the performance of other riders or the subjective judgment of scores. Outcome goals are important, but they should be paired with more specific, actionable goals to avoid frustration.

Performance Goals are centered on improving personal performance. These goals are about how well you ride and execute specific movements, regardless of the final score or result. For example, a performance goal might be to increase the accuracy of your transitions or ride a smoother test. Performance goals are within your control, helping you focus on your own development without the external pressure that outcome goals might bring.

Process Goals focus on the smaller, technical elements that contribute to overall performance. These goals might include improving your posture, refining your communication with your horse, or practicing mindfulness and relaxation in the saddle. Process goals are often overlooked, but they are the building blocks for both performance and outcome goals. By concentrating on the small, everyday habits that improve your riding, you create the foundation for success over time.

Once we set our outcome goals, it's important to primarily shift focus to process goals and specific performance goals, with process goals being the most crucial. This is because paying attention to outcome goals, especially during training or competition, can create anxiety and undermine confidence. Focusing on process goals allows riders to zero in on the small, incremental moments of success—whether it's achieving better posture or refining a specific aid—that ultimately build toward improved performance. By doing this, the likelihood of reaching performance goals increases, which in turn enhances the probability of achieving the outcome goal.

In future writings, I will provide more specific details on how to structure and refine your focus to optimize this process.

Setting Short-Term and Long-Term Goals

Riders need both short-term and long-term goals to stay motivated and focused on their journey. Short-term goals help maintain momentum by providing frequent opportunities for success, whether it's mastering a particular dressage movement or refining a small technical aspect of your riding. These smaller goals are stepping stones toward achieving bigger aspirations and keep motivation high as you celebrate progress along the way.

Long-term goals, on the other hand, provide the overarching direction of your training. These are the bigger milestones you're working toward, such as moving up a level in competition or achieving a personal best. Long-term goals should challenge you, but also be realistic enough to remain attainable. Aligning your short-term efforts with your long-term vision ensures that your daily training has purpose and that every ride brings you closer to your ultimate ambitions.

Monitoring and Adjusting Goals

Goal setting is not a one-time activity; it's an ongoing process. Regularly evaluating your progress and adjusting goals as needed is critical to ensure you remain on the right track. Sometimes you'll exceed your expectations, and other times you'll find that you need to revisit certain areas of your training. Being flexible with your goals allows you to adapt to changes in your performance, circumstances, or mindset.

Tracking your progress through journals, video analysis, or feedback from your trainer can provide valuable insight into how you're moving forward. When a goal is achieved, celebrate the success and set new challenges. If a goal proves too difficult, break it down into smaller, more manageable steps. This process of constant assessment keeps you motivated and ensures that your goals are always aligned with your current capabilities and aspirations.

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Positive Self-Talk

The way we speak to ourselves has a powerful impact on our confidence and overall performance. Positive self-talk can be the difference between pushing through challenges or succumbing to self-doubt, especially in a demanding sport like dressage where focus and precision are key. Learning to master your inner dialogue is crucial for reaching your full potential, as it shapes how you perceive your abilities and how you react to setbacks.

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The Power of Language

Our thoughts shape our reality, and the language we use internally can either elevate or undermine our performance. In moments of stress or pressure, negative self-talk can easily take over, leading to feelings of inadequacy or fear of failure. For instance, telling yourself, "I always mess this up" or "I'm not good enough for this level" creates self-imposed barriers that limit your ability to perform at your best. These negative statements fuel anxiety, drain mental energy, and distract you from focusing on your task.

In contrast, positive self-talk reinforces belief in your abilities and prepares your mind to handle challenges with resilience. When a rider tells themselves, "I've practiced this, I know what I'm doing" or "I can handle this pressure," it shifts the mindset toward one of confidence and readiness. The words you choose create a mental atmosphere that influences your body's response, allowing you to perform with greater clarity and control. Replacing negative thoughts with constructive, empowering language is essential for building mental toughness and overcoming obstacles.

Shifting to Positive Self-Talk

Replacing negative self-talk with positive alternatives requires consistent practice. Begin by identifying common negative thoughts that arise in your training or competition, and actively work to reframe them. For example, instead of "I'm terrible at this movement," try reframing the thought as "This movement is challenging, but I'm improving every day." This simple shift not only eliminates the negativity but also emphasizes growth and effort, which are critical for long-term success.

Creating personalized mantras or affirmations can be a powerful tool in maintaining positive self-talk. These are short, positive statements that remind you of your strengths, reinforce your goals, and refocus your mind during challenging moments. For example, a mantra such as "I ride with focus and confidence" can be repeated silently before or during a ride to reinforce mental clarity. Another example might be "I trust my training," which helps riders center their focus on the hard work they've put in, rather than the outcome. Over time, these affirmations become ingrained, helping to override negative thoughts and encourage a constructive mindset.

Practicing Self-Compassion

An often overlooked aspect of positive self-talk is the role of self-compassion. Dressage riders, like many athletes, can be incredibly hard on themselves when they don't meet their expectations. Mistakes and setbacks are inevitable in any sport, but how you react to them defines your ability to bounce back. Harsh self-criticism leads to frustration and anxiety, while self-compassion fosters resilience and a healthier mindset.

Practicing self-compassion means treating yourself with the same kindness and understanding that you would offer a friend. When things don't go as planned, instead of berating yourself, remind yourself that mistakes are a natural part of learning and improvement. A rider might tell themselves, "I gave it my best effort today," or "I'll learn from this and come back stronger next time." By embracing self-compassion, you maintain your motivation and confidence, allowing you to grow from setbacks rather than be weighed down by them.

Positive self-talk, when combined with self-compassion, creates a powerful mental framework that allows riders to push through challenges and perform with confidence. It is a skill that requires ongoing practice, but the results are transformative, both in the saddle and beyond.

Building Mental Resilience

Mental resilience is the ability to persevere through adversity, maintain composure under pressure, and bounce back from setbacks. In dressage, where you are not only managing your own emotions but also communicating with a sensitive and reactive animal, mental resilience is key to long-term success. Riders who build mental resilience can handle the inevitable challenges of training and competition with grace and determination, continually pushing themselves to improve.

I recall a moment from the Summer Heat show that perfectly exemplifies mental resilience. There was a rider whose horse became anxious and wound up on the move-in day. While I was loosening up in the north arena, she was working in the south arena when her horse suddenly startled and darted across the ring. Despite letting out a verbal gasp, clearly showing her surprise and fear, she maintained her composure and stayed in control. I'm not sure what was going through her mind at that exact moment, but what she did was simply ride the horse. This could have easily rattled her for the entire weekend, undermining not only her confidence but also her trust in her horse. Later, as she returned to the stall, I said, "Good riding—that looked scary for a moment." She acknowledged it, made a few observations about what had happened, and then moved on with her usual routine.

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This ability to persevere and move forward in the face of a challenging situation is the essence of resilience. It's not something that we automatically possess, but something that is developed over time by working through difficult moments. If we want to build mental resilience, we must shift our mindset to welcome adversity and challenge into our training and riding, rather than constantly trying to avoid it. Of course, adversity needs to be managed and aligned with our current abilities—too much challenge can turn into trauma, which destroys confidence rather than building it. But when handled appropriately, these challenges are the very experiences that strengthen our mental toughness and help us thrive in dressage.

Understanding Mental Resilience

Mental resilience is not about avoiding difficulties but about confronting them with a mindset that is solution-focused rather than defeatist. Riders will face numerous challenges in their journey—whether it's dealing with a horse that's having an off day, encountering an unexpected issue during a test, or managing nerves in the competition arena. What separates those who thrive from those who struggle is their ability to stay calm, assess the situation, and move forward without becoming overwhelmed by frustration or anxiety.

In dressage, resilience is especially important because of the partnership with your horse. The horse's emotional state often mirrors the rider's. If a rider is nervous, flustered, or overly focused on a mistake, the horse will pick up on these signals, making it more difficult to perform cohesively. Riders who are mentally resilient can remain composed and focused, even when things don't go according to plan, helping to maintain the horse's confidence and ensuring a more fluid performance.

Strategies for Developing Resilience

Developing mental resilience requires a combination of psychological tools and consistent mental practice. Several strategies can help build resilience, allowing riders to manage pressure and perform at their best in any situation.

One effective technique is visualization. Visualizing successful performances helps riders mentally rehearse for competition and practice how they will handle challenges. By vividly imagining the ride, including possible difficulties and how you will respond, you train your brain to stay calm and collected when those moments arise. Visualization strengthens your mental preparation and boosts your confidence, making it easier to bounce back from any setbacks you encounter.

Another valuable practice is mindfulness, which focuses on staying present in the moment without judgment. Mindfulness can be as simple as taking a few deep breaths before a ride or focusing on the rhythm of your horse's movements during a test. By centering yourself in the present, you can reduce anxiety about past mistakes or future outcomes, allowing you to ride more effectively. Mindfulness teaches you to accept whatever happens during a ride and move forward without being bogged down by negative thoughts.

Controlled breathing techniques, such as the 4-7-8 method discussed in previous articles, are also essential for managing stress in the heat of competition. By calming your nervous system, controlled breathing keeps you from becoming overwhelmed by nerves or adrenaline. This simple but effective tool allows you to reset mentally, regain focus, and continue with clarity and poise, even when under pressure.

Consistency and persistence are also key elements of resilience. Building mental resilience is a gradual process that requires continuous effort. Riders who push through challenging training sessions, stick with their goals despite setbacks, and consistently apply mental strategies are the ones who develop true mental toughness. Just like physical fitness, mental resilience strengthens over time as you repeatedly face challenges and overcome them.

Embracing Setbacks as Opportunities for Growth

One of the most important aspects of building resilience is learning to reframe setbacks as opportunities for growth. No rider's journey is without mistakes, disappointments, or failures, but those who view these challenges as valuable learning experiences can grow stronger and more capable. Rather than seeing a poor performance or a difficult training session as a sign of inadequacy, resilient riders ask themselves, "What can I learn from this?" This mindset helps transform failures into stepping stones toward greater success.

Resilient riders understand that setbacks are a natural part of growth, and instead of allowing them to shake their confidence, they use these moments to refine their skills and improve their approach. Embracing a growth mindset—the belief that abilities and intelligence can be developed through dedication and hard work—helps riders stay motivated even when things get tough. When you view challenges as an essential part of the learning process, every setback becomes an opportunity to get closer to your goals.

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Building mental resilience isn't just about weathering the storm—it's about coming out of it stronger, more focused, and more determined to succeed. By developing strategies like visualization, mindfulness, controlled breathing, and a growth mindset, riders can cultivate the mental toughness needed to thrive in dressage and beyond.

Enjoying the Process

While achieving peak performance in dressage is an admirable goal, it's equally important to find joy in the journey. Focusing solely on results can rob riders of the fulfillment that comes from improving day by day, building a partnership with their horse, and developing mastery over time. The most successful riders are those who not only reach their goals but also appreciate the process of getting there. Learning to enjoy the process of training and competing keeps riders motivated, engaged, and connected to the sport for the long haul.

Focusing on the Journey, Not Just the Outcome

In the world of competitive dressage, it's easy to become fixated on scores, placings, and achieving certain milestones. But if we only measure our success by these outcomes, we risk losing sight of the small, daily wins that truly make a difference. Every ride, every training session, presents an opportunity for growth and learning. Whether it's fine-tuning your aids, deepening your connection with your horse, or overcoming a challenge, these moments are valuable steps on your journey as a rider.

Enjoying the process means shifting your focus from constant evaluation to appreciating incremental improvements. This doesn't mean you stop striving for success or pushing yourself—it means you learn to value the progress you make along the way. By focusing on the journey, you set yourself up for sustained enjoyment and long-term success, both in and out of the competition arena.

Managing Pressure and Expectations

Pressure and expectations—whether they come from yourself or others—can sometimes overshadow the joy of riding. Feeling the weight of having to achieve a certain result can lead to frustration or anxiety, especially if things don't go as planned. To maintain a healthy mindset, it's important to manage these pressures in a way that allows you to stay focused on the task at hand without being overwhelmed by outcomes.

One way to manage pressure is by practicing mindfulness and staying present during your rides. Instead of worrying about the final score or how others are performing, bring your attention to what you're doing in the moment. This helps reduce anxiety and enables you to perform more effectively. Another technique is to set process-oriented goals (as discussed earlier) that emphasize the actions and behaviors that lead to success, rather than just the end result. By focusing on what you can control, such as your effort, focus, and technique, you can relieve some of the pressure that comes with high expectations.

Balancing ambition with self-care is also crucial. Yes, push yourself, but also recognize when you need to step back and take time to reset. It's okay to rest, reflect, and recharge when needed. This balance allows you to maintain a healthy relationship with the sport and prevents burnout.

Celebrating Small Wins

In dressage, progress often happens gradually. Some days, it might feel like you've made leaps forward, while other days it seems like no progress has been made at all. Learning to celebrate the small wins can help keep you motivated and positive, even during periods when progress feels slow.

Small wins can take many forms—maybe you finally get that smooth transition, maintain a steady connection with your horse, or conquer a personal fear during training. These victories, no matter how small, are critical building blocks that lead to larger successes. By recognizing and appreciating them, you not only keep your morale high but also create momentum for continued progress.

Celebrate your wins in meaningful ways. It could be a moment of quiet reflection after a good ride, a treat for yourself or your horse, or simply acknowledging how far you've come. These celebrations remind you that every step forward is part of a larger journey and that success is not just about the end result but about the experiences and lessons learned along the way.

Conclusion

Riders who focus on enjoying the process—balancing goals with appreciation for progress, managing pressure with self-care, and celebrating every small win—are the ones who not only reach their full potential but also find fulfillment in their sport. Dressage is as much about the journey as it is about the destination, and by embracing each moment, you can build a mindset that sustains you for the long term.

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Many of the concepts presented in this article, such as goal setting, positive self-talk, and mental resilience, have also been covered in the previous two articles from the last two months. This repetition is not because there is nothing else to discuss but because these foundational mental strategies are critically important to your success and well-being as a rider. In future editions, we'll delve even deeper into these topics, offering more specific exercises and practical applications to help you continue your mental performance journey. So stay tuned, as there is much more to explore.

About the Author: Leslie Sherlin, PhD, PhD, MAC, MSc, MAPH, LPC, CMPC, NCC, BCC, BCN, BCB, ECP, QEEGDL, CTP, is a dedicated dressage rider, Certified Sport Psychology Consultant, and Licensed Professional Counselor with years of experience in sport and performance psychology. Having helped elite athletes across the world, he is passionate about helping other riders manage fear and anxiety to achieve their full potential. Dr. Sherlin combines his expertise in mental performance with his love for dressage to provide practical advice and support to the riding community.
Contact Information: For more tips and guidance, you can reach Dr. Sherlin at leslie@drsherlin.com or by visiting https://sherlinconsultinggroup.com.

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2024 Arizona State Championship

Eligible Rider-Horse Pairs As of September 8, 2024

All of the riders listed are current members of an Arizona GMO as of August 2024.

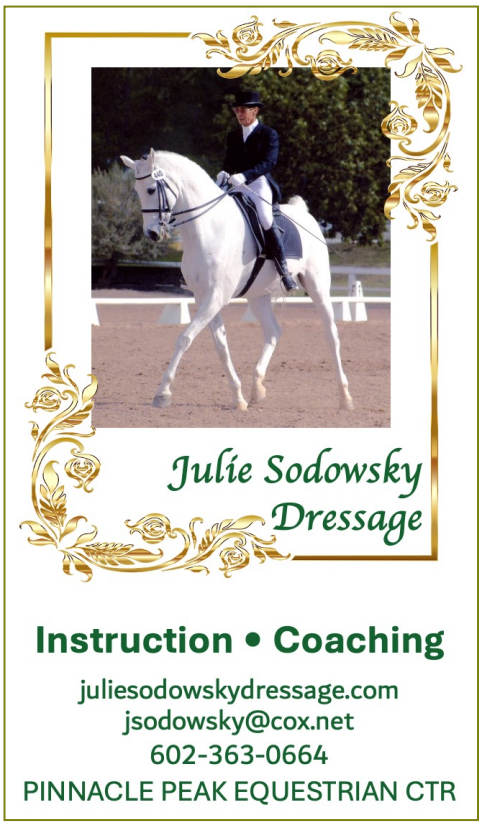
All of the horses listed have been nominated for 2024 Arizona State Championship classes.

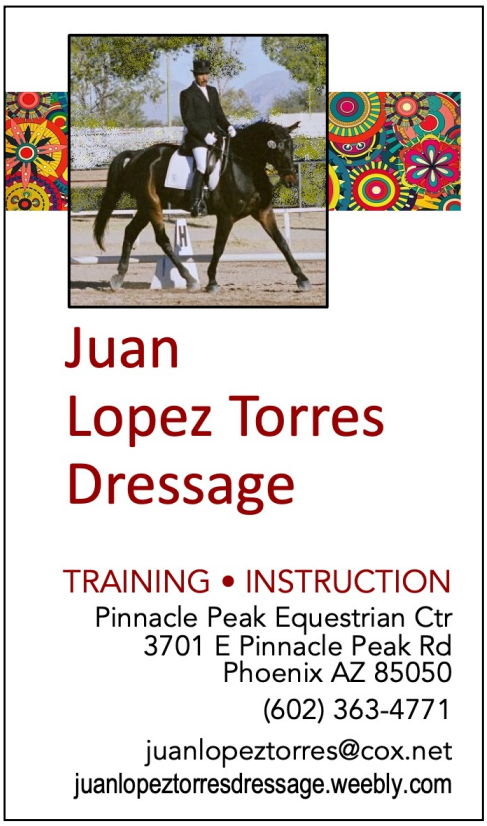
The horse/rider pairs have earned two AZ State qualifying scores under two different judges after the horses' nominating fees were received.

Rider	***Horse***	***Level***	***Division***
Abazarnia, Diane	Ima Hot Ducati	Training Level	Adult Amateur
Apicella, Kimberly	Romano Larios	Fourth Level	Adult Amateur
Barngrover, Alyssa	Beniciano BG	Training Level	Adult Amateur
Barngrover, Alyssa	Beniciano BG	First Level	Adult Amateur
Barngrover, Alyssa	Furstinbella	First Level	Adult Amateur
Baughman, Lily	Valera Royal	Training Level	JR/YR
Baughman, Lily	Valera Royal	Training Level	JR/YR
Baughman, Lily	Valera Royal	First Level	JR/YR
Baughman, Lily	Valera Royal	First Level	JR/YR
Berry, Candace	Kalal Fifty Shadesofirish	Training Level	Adult Amateur
Berry, Candace	Kalal Fifty Shadesofirish	First Level	Adult Amateur
Black, Debra	Invictus-R	First Level	Adult Amateur
Bourquin, Michele	Shambala	Third Level	Adult Amateur
Brown, Emily	Balcina	First Level	Adult Amateur
Bruening, Rebecca	Ehrenfurst	Prix St Georges	Adult Amateur
Bryan, Almgren Chelsey	PA Vaquero Kid	Second Level	Open
Bryan, Almgren Chelsey	Vinoce	Second Level	Open
Buce, Lisa	Ryker	Training Level	Adult Amateur
Buce, Lisa	Ryker	First Level	Adult Amateur
Burnett, Amy	Pfrankincense HP	Freestyle (2nd Level)	Open
Cahill, Courtney	CC's Rubin	Prix St Georges	Adult Amateur
Cahill, Courtney	CC's Rubin	Prix St Georges	Adult Amateur
Callahan, Tammy	Vinoce	First Level	Adult Amateur
Carden, Alana	Fiesta de Mayo	Training Level	Adult Amateur
Clemens, Lysa	American Style	Second Level	Adult Amateur
Colin, Sofia	Skyline	Training Level	JR/YR
Damiano, Ann	Jetsetter EDI	Fourth Level	Adult Amateur
Damiano, Ann	Jetsetter EDI	Prix St Georges	Adult Amateur
Darling, Lisa	HTBF Colonel Brandon	First Level	Adult Amateur
Day, Glenna	Hennessy XO	First Level	Adult Amateur
Dyer, Susan	Toledano XXXI	Third Level	Adult Amateur
Eikel-Baughman, Nathalie	Bohemio XCVII	Fourth Level	Open

Rider	***Horse***	***Level***	***Division***
Evans, Shepherd Allison	Nicodemus	Third Level	Adult Amateur
Farthing, Pamela	Sir Esplendido	Third Level	Adult Amateur
Gilliland, Missy	LC Candelon De Landeros	Third Level	Open
Hanes, Lori	Bibilus	Third Level	Adult Amateur
Jackson, Cyndi	Ehrenfurst	Grand Prix	Open
Jackson, Cyndi	Fanfare HSR	Training Level	Open
Jackson, Cyndi	Fanfare HSR	First Level	Open
Jackson, Cyndi	Florisson	Intermediare II	Open
Jackson, Cyndi	Florisson	Grand Prix	Open
Johnston, Danna	Khallaghan A	Training Level	Adult Amateur
Kalchik, Allen	Odin De Querencias	First Level	Adult Amateur
Kalchik, Allen	Odin De Querencias	Second Level	Adult Amateur
Keyser, Anastasia	Heros Quest	Training Level	Adult Amateur
Keyser, Anastasia	Heros Quest	First Level	Adult Amateur
Keyser, Anastasia	Heros Quest	Freestyle (1st Level)	Adult Amateur
Kolstad, Kimberley	Quill GHA	Second Level	Adult Amateur
LaCroix, Ray	Casterly Rock	Prix St Georges	Open
Lent, Stacey	Galante Da Prata	Third Level	Adult Amateur
Lindley, Deborah	Sir Renity GHA	Third Level	Adult Amateur
Lindsten, Taylor	Beniciano BG	Training Level	Open
Lindsten, Taylor	Bon Jovi RS	Training Level	Open
Lindsten, Taylor	Last Chapter	Fourth Level	Open
Lindsten, Taylor	San Laurino H	Intermediare I	Open
Lindsten, Taylor	Wallace G	Intermediare II	Open
Lindsten, Taylor	Wallace G	Grand Prix	Open
Lindsten, Taylor	Wallace G	Freestyle (GP)	Open
Lindy, Rebecca	Fritz De Borrey	Training Level	Adult Amateur
Lindy, Rebecca	Fritz De Borrey	First Level	Adult Amateur
Lindy, Rebecca	Jeitoso XIV	Fourth Level	Adult Amateur
Lindy, Rebecca	Jeitoso XIV	Prix St Georges	Adult Amateur
Macdonald, Samantha	Candy Crush	First Level	JR/YR
Martin, Molly	R U 4 Me	Prix St Georges	Open
McHenry, Erin	Bailando	Grand Prix	Adult Amateur
McLaughlin, Erica	Formally Cooper	Second Level	Adult Amateur
Mulcahy, Beth	Imperio Da Terceira	Prix St Georges	Adult Amateur
Mulcahy, Beth	Masterpiece	Training Level	Adult Amateur
Nordqvist, Jessica	First Date	Fourth Level	JR/YR
Nordqvist, Jessica	First Date	Prix St Georges	JR/YR
Norman, Joanna	Enjoy Jazz D	Third Level	Adult Amateur
O'Hara, Bobbie Lynn	Romano Larios	Fourth Level	Open
Paglia, Paula	Rose Rhapsodie	Third Level	Open
Paglia, Paula	Slipstream	Grand Prix	Open
Parker, Jennifer	Triguero de Vida	First Level	Open

Rider	Horse	Level	Division
Radda, Tania	Imperio Do Castanheiro	Fourth Level	Adult Amateur
Radda, Tania	Imperio Do Castanheiro	Freestyle (4th Level)	Adult Amateur
Riddell, Kali	#Hashtag	Prix St Georges	JR/YR
Riddell, Kali	SE Bonito	Prix St Georges	JR/YR
Swanson, Julie	Fenix EAS	First Level	Adult Amateur
Taylor, Karrin	Last Chapter	Third Level	Adult Amateur
Taylor, Karrin	San Laurino H	Fourth Level	Adult Amateur
Tejera, Martha	Be Happy	First Level	Adult Amateur
Tejera, Martha	Be Happy	Freestyle (1st Level)	Adult Amateur
Terrill, Julia	Fiorella N	Training Level	Adult Amateur
Thunes, Felicity	King Charming	Training Level	JR/YR
Thunes, Felicity	King Charming	First Level	JR/YR
Thunes, Felicity	King Charming	Freestyle (TL)	JR/YR
Tobie, Jennifer	Into The Mystic C	Training Level	Adult Amateur
Tobie, Jennifer	SRC Adriana	Grand Prix	Adult Amateur
Valentine, Nicola	Miracle EDI	Second Level	JR/YR
Venkatesh, Debra	Sczarina	First Level	Adult Amateur
Venkatesh, Ellis	L'Aqiedo	Training Level	JR/YR
Venkatesh, Ellis	L'Aqiedo	First Level	JR/YR
Venkatesh, Ellis	L'Aqiedo	Second Level	JR/YR
Walters, Gretchen	N High Style	First Level	Adult Amateur
Wheeler-Rahab, Katherine	Icaro Cal	Second Level	Adult Amateur
Wolf, Autumn	Lyon	Third Level	JR/YR





NORTHERN ARIZONA CHAPTER
ARIZONA DRESSAGE ASSOCIATION

NAC of ADA Officers/Board 2024

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

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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

9-10: 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
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