Vol. 25 ISSUE 9 SEPTEMBER 2025

ARIZONA DRESSAGE ASSOCIATION
THECENTERLINE

A Huge Thank You to the ADA!

By Ray La Croix

I think it was during May of this year that I learned that I was the recipient of a $500 dollar grant from the ADA! The ADA offers these grants to enable dressage enthusiasts to further their education, and have some added flexibility in paying for the experience. One curious thing about these grants; the money is available through the ADA, and all you have to do is apply, yet I have a feeling that not many people do.

This is a wonderful program, and I want to sincerely thank the club for it's generosity.

My wife, Dr. Cindi LaCroix DVM, and I decided to take two of our horses and spend some time learning from Amelia Newcomb, who trains in Somis, California. Amelia has a very large presence as an instructor, offering various online educational programs for every level of rider. From watching some of her videos, we knew that she is a very detail oriented instructor grounded in biomechanically correct riding, and also a stickler for following the training scale. She trains with her husband, Germann, at a sprawling and very complete facility.

What Did I Learn?
Amelia's lessons are an hour long. The reason for the extra 15 minutes is that she guides you through your warm up, which, for me, was extremely useful. I have been told, and I agree, that your warm up sets the tone for your entire ride. Amelia's warm up started out with a lot of walking and bending, both, through the spine and the neck. Her goal is to have the horse even in both reins before the main body of schooling for that session. Her mantra is that if a horse is leaning on your leg, there is no way that they will be soft in the contact. We walked through leg yields, shoulder in, haunches in, renver, 10 meter circles spiraling out to 20, 20 meter circles spiraling down to 10, half passes, walking turns on the forehand and on the haunch. By the end of all of that, my horse, Squirrel, was very even in both reins, relaxed, and more supple than he had been for a long while.

Next we moved into trot work, and this is where I was the most surprised. After a very brief 60-90 second period of warm up trot, she asked for an extension for about 10 strides, and then a downward transition to collected trot, for about 10 strides. This pattern continued until Squirrel caught on to the pattern and gave much better and smoother answers. Once decently connected, we took the same compression-decompression-compression work into leg-yields to the quarterline at a collected trot, then extension, then leg yields back to the rail in collected trot. Serious attention was paid to Squirrel's straightness (as well as in the walk work above).

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



Your Voice Matters—

Earn Volunteer Hours by Contributing to *THE CENTERLINE!*

Are you passionate about dressage, love to write, or have barn news to share? *The Centerline* newsletter is looking for AZ dressage community members—riders, trainers, and horse lovers alike—to contribute articles, opinions, updates, and tips.

SUBMIT TO: centerline@azdressage.org

**The deadline for submission is the 20th of the month.*

Ideas for Submissions

Letters to the Editor: Submit your comments, suggestions, or opinions relating to the sport of dressage.

Barn News: Trainers would you like to let us know about the recent accomplishments of your clients or introduce new clients and horses? Would you like to update readers about barn improvements, or talk about any other news of interest to the membership.

Member Submissions: Submit an article and photo of you and your horse on a topic of interest, a clinic or show experience. Submit your favorite barn and horse care tips, or review clinics. We'd love to hear from you! NOTE: *If the photo is a riding photo, a helmet is required.*

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

ARIZONA DRESSAGE ASSOCIATION

2025 Upcoming Events

AUG 15	**Core Transformation Series II** Wine & Scribe with Bev Rogers
SEP 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** Westworld
NOV 9	**November Schooling Show** Sponsored by Sherlin Consulting Group
DEC 6	**Core Transformation Series II** Janet Jones Clinic

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From there, Amelia had me repeat the spiral out and in circles at the trot, making sure that the hindquarters were in line with the circle. We moved from that into a "staircase" of shoulder in, followed by an extension, then back to a collected staircase of shoulder in the opposite direction.

The canter work was also very similar. A working canter went into an extension, then transition back to collection. As we went on, the canter included 10 meter circles in haunches in, leg yields, shoulder fore, and working canter pirouettes, all separated by periods of brief extension, then a transition back to collection.

The result of this work, for Squirrel and myself was an eye opener. Basically what Amelia wanted was for Squirrel to give more complete and committed answers, and as a result of all of that work, he came together in a more elastic, balanced and expressive manner than what has been happening when I train by myself.

The next 2 following sessions were similar, with some high intensity work mixed in with walking and bending for break time, and the last lesson was low intensity concentrating on my form going through the lateral movements (Squirrel needed a bit of a break, as he worked his butt off in the 3 prior days).

So now, back to "what did I learn"?

I learned that you cannot pay too much attention to straightness, tempo, bend, and immediacy of reaction time. Like many others, I thought that I was being attentive, but the reality is there is a real difference that makes THE difference between those that are truly accomplished, and those trying to become accomplished.

Straightness is the key to balanced work. Balanced work is the key to balanced muscle growth. Weakness is the key to not being straight. A body brace, which every horse has, leads to weakness on the hind leg that trails in (or out) on a circle (or in a straight line). That leg simply does not do the same amount of work as the one on the opposite side. Not being a stickler for straightness enables the weakness to continue. Weak sided horses are more unbalanced than not, and will not be truly balanced until the horse is symmetrically strong. If you would like your partnership to be the best it can be, pay strict attention to straightness!

Again, I would really like to thank the Arizona Dressage Association for this gift.

Learning horsemanship in any discipline is similar to putting together a jigsaw puzzle, except there is one big difference. With a jigsaw puzzle, you get a picture on the front of the box that shows you what you need to accomplish, and a guarantee that all of the necessary pieces are in the box. Without help, it's only a matter of time. With horsemanship, there is no picture of perfection, at any level. There are no pieces just waiting for you to put together, you will need help to find them. You must build your horse one piece at a time. At times, some of those pieces seem to fit together to model a different response. Voila! You've started to build bigger sections to your still incomplete picture (horse). It's very difficult to know exactly what to expect and what to do, when you are going to a place that you have never been before. That's where expert instruction is invaluable, as these experts can guide you in a way that you find more pieces, and with more help, assemble them into the building blocks that build the picture that you want to create.

Cindi and I had a very valuable experience in Somis with Amelia, and learned some things that will genuinely be helpful towards our growth in this wonderful sport!



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

SUBMIT TO: centerline@azdressage.org

🐴 President's Letter – Wrapping Up a Summer of Momentum

Dear ADA Members,

As the summer sun begins to hopefully yield to cooler temps, I'm thrilled to reflect on the incredible momentum we've built together over the past few months. The Arizona Dressage Association has been buzzing with activity, collaboration, and new initiatives—and it's all thanks to the dedication of our committees, volunteers, and members.

🌐 Digital Transformation & Rebranding

We launched our *new ADA website*, and the feedback has been overwhelmingly positive. A special thank-you to **Dr. Leslie Sherlin** for his leadership and expertise in bringing this project to life. We also extend heartfelt thanks to **Sue Leutwyler, Erin McHenry, Ann Damiano, Karen McGee, and Amanda Valentine** for their invaluable contributions throughout the process. Alongside the website, our *rebranding rollout* created by ADA member, **Callie Bonine,** and refreshed communications have sparked enthusiasm across the membership—your support and engagement have been deeply appreciated.

📝 Communications & Content

The Communications Committee introduced a new *Centerline template* and updated key content to better reflect our evolving identity. These enhancements ensure our messaging remains clear, consistent, and welcoming to both longtime members and newcomers. Special thanks to **Callie Bonine, Erin McHenry, and Beth Martinec** for their thoughtful contributions and tireless work in shaping our communications, your efforts truly elevated our outreach.

🛍️ ADA Merchandise Store

We're excited to announce the launch of our *online merchandise store*! Now you can show your ADA pride with apparel and accessories that celebrate our community and sport. A big thank-you to **Michell Combs** for her initiative and support in helping bring this project to life—your creativity and dedication made all the difference.

🎓 Education & Events

The Education Committee—led by **Cindi LaCroix** and **Cathy Jones**—has been doing amazing work this season. Our first Core Transformation II event was our **August Wine & Scribe with Bev Rogers**, which was a great success. Everyone who attended learned a lot, had fun, and left feeling more confident and connected. Looking ahead, we're especially excited for our *premier fall event*:

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Refine Your Balance with Janet Foy & Steffen Peters, October 11–12.
This promises to be an unforgettable opportunity for riders and auditors alike.

🏛️ Governance & Planning

Behind the scenes, we've been working on important updates to our *policies and procedures* through the Governance Committee, led by **Karen McGee along with Leslie Sherlin, Ann Damiano and Rebecca Bruening**. Their leadership and hard work will strengthen our organizational foundation.

🎉 Fall Fiesta & Fundraising Highlights

Excitement is building for the **ADA Fall Fiesta**, happening November 1–2. Planning is in full swing, and the prize list is nearly finalized. Thanks to the generous sponsorship of **Scottsdale Equine Reproduction Center**, we're thrilled to *increase the Futurity purse* and host a *competitor mixer* to celebrate our vibrant community. *Fundraising efforts for the Fall Show will officially kick off in September*, helping us strengthen ADA programming and expand opportunities for riders at all levels. We are in the process of finalizing an agreement to be able to rent Central Arizona's Riding Academy's eScribe system on an ongoing basis so we can have access to this technology for our shows.

🏇 Schooling Show Kickoff

We're thrilled to kick off our fall **schooling show series sponsored by Sherlin Consulting** at **Carefree Farms** on **October 19** and **November 9**. These shows offer a welcoming environment for riders to gain experience, receive feedback, and enjoy the camaraderie of our dressage community. A huge thank-you to **Christa Severns** and **Susan Skripac** for leading the charge—your dedication and organization are appreciated!

💡 Looking Ahead

With so much energy and innovation fueling our efforts, I'm confident this fall will be one of our most rewarding seasons yet. Thank you all for your continued passion, participation, and support. Whether you're in the saddle, behind the scenes, or cheering from the sidelines, you are the heartbeat of ADA. I look forward to seeing many of you at our upcoming events and continuing this exciting journey together.

Warmly,

Ann Damiano

President, Arizona Dressage Association



Arizona Dressage Association
Educational Scholarship Program

Unlock Your Riding Potential with the ADA Educational Scholarship!

Are you ready to take your equestrian journey to the next level?
The ADA Educational Scholarship Program is here to help you grow, learn and ride with confidence! It's not too early to begin planning for your riding goals for 2026!

Whether you're a Junior/Young Rider, Adult Amateur, or Open Rider, this is your chance to receive financial support for structured learning experiences that go beyond regular lessons. The ADA awards up to five scholarships each year offering reimbursement of covered expenses up to $500.00. Examples of Eligible Activities Include:

- Clinics or even lessons with certified instructors beyond your regular training program
- Training programs such as the USDF L Education Program

Why Apply?

- Invest in your riding education
- Learn from top professionals
- Connect with the dressage community
- Give back by sharing your experience or volunteering with ADA

Important Dates:

- Application Period for 2026: October 1, 2025 - February 1, 2026
- Award Distribution: After completion of your educational activity and submission of expense report

Requirements:

- ADA Membership
- Volunteer service with ADA
- Sharing your experiences in the Centerline
- Passion for learning and growing as a rider

Ready to learn *One Ride at at Time*?

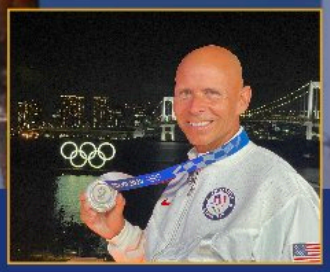
Please apply!
Visit https://azdressage.org/education/scholarship/ for more information.

Must not have received an ADA scholarship in the last three years. Scholarships are not transferable.

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ELITE COACHING.
REAL RIDERS.
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The Refinement of Balance
with Janet Foy & Steffen Peters
A 2-DAY IMMERSIVE SYMPOSIUM
Scottsdale, Arizona | October 11–12, 2025

Space is Limited. **Visit azdressage.org**
for more info and to sign up!
A CORE TRANSFORMATION SERIES II EVENT

MEMBER VOICES

If You Missed it - Wine & Scribe Clinic with Bev Rogers

by Beth Martinec



The clinic was well attended – Arizona Dressage should now have plenty of volunteer scribes for our next show! I learned to scribe by attending one of Bev's clinics years ago and this clinic did not disappoint as she went through basic requirements of scribing, practice tests, common issues to watch out for, and so on. Participants got plenty of practice at each level by scribing while Bev judged each video ride.

For the second half of the clinic, the focus shifted to learning about the judge's perspective. Bev covered a lot of ground; discussing topics ranging from what your scores really mean and how to read a scored test, to riding good basics for each level. Participants also had a lot of burning questions for which they wanted answers, so Bev covered a wide range of topics. If you couldn't attend, here's what you missed…

In Discussing How to Practice -
Bev says that the best place to train is on a figure with no end and no beginning - circles, not straight lines.
Practice the movements of the test over and over on a circle or figure eight and then take those to the test. Don't practice the exact test. Don't train the movement where it is the test, train it somewhere else.
Someone asked about anticipation and how to deal with a horse that anticipates, and Bev's response was that anticipation is a good thing although we often talk about it negatively. She says the horse needs to have anticipation, that's what makes it sharp to your aids. To handle a horse with a lot of anticipation, the rider needs to get better with the application of the aids – lighter and quicker and then wait. Be more precise in the application of your aids and quieter in between so that the communication is very clear.

First Impressions and the Halt –
Someone asked if the judge pays attention to the rider as they come in for the warmup tour and if that made an impact.
Bev's frank answer was, "Yes, we see you so do something worth watching!" She said you should come in as if you are ready to work/ ready to perform, not just be walking around.

Another participant asked about how to handle entering the ring if you are already inside the ring for the warmup. Should the rider stay in the arena and start down centerline, or exit and then come back in? Bev's advice was do what works best for your horse, but the judge prefers efficiency so start your test from inside the arena. She said she sees a lot of people exit the arena and then take too long to come back in or poorly prepare for the entry and then do a lackluster job on the centerline. She said she also sees a lot of horses think they are finished and then be unhappy with coming back in. In then end though she said the choice is yours, just be efficient and correct whichever way you choose.

She went on to add that another "issue" she sees frequently is the rider that thinks they need to "give it their all" on the centerline. She reminded us that the important things are straightness, an immobile halt, and prompt, smooth transitions in and out of the halt. The horse should relax into the halt "landing like a bird on a branch". Too many riders think they need to show off their horse coming down centerline and they do so at the risk of messing up these basics. It doesn't matter how brilliant your trip down centerline is, because the judge scores on the directives of the movement. Doing a flashy forward trot or canter down centerline doesn't matter if it's wandering, if the horse slams down into a halt, if the halt is crooked and

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not immobile, if the upward transition is unbalanced and abrupt or not forward enough. Don't sacrifice good basics for flash.

Angles and Good Lateral Work -
Bev had some good advice for lateral work at all the levels. She said she sees many riders poorly executing these movements and feels that riders need more understanding of the mechanics needed to get the proper positioning, bend, and line of travel.

For a correct shoulder in she says that the hind legs do not cross - they should travel straight down the rail while the shoulder comes off the rail. She sees many riders in shoulder in with the hind legs crossing which is incorrect. It's more like a leg yield if the hind legs are crossing. She also said to remember that the horse has no collarbone so the horse's nose should stay centered between its chest no matter what movement they are performing. Correct bend allows for straightness and a horse with neck bend is falling over its shoulder. Bend happens through the body, not the neck.

"In FEI dressage, the correct angle for a shoulder-in is approximately 30 degrees from the wall or track, with the horse's body bent uniformly around the rider's inside leg. The movement creates a three-track position where the outside hind leg remains on the track, the inside hind and outside foreleg are on the same track, and the inside foreleg is on its own, furthest track." – FEI.org

For the half pass, Bev says that you shouldn't attempt one if you can't do travers on the rail. She says, "Getting there early is not a sign of a more talented, more supple horse. To the judge it's a sign that your horse can't properly hold the travers." Always ride to the specified letter for the movement, an early or late arrival will result in a lower score.

"FEI guidelines define a proper half pass as a diagonal movement where the horse moves both forward and sideways with a slight bend in the direction of travel. The forehand should be slightly in advance of the hindquarters, with the horse maintaining a consistent rhythm and cadence throughout the movement. The angle of the half pass is a matter of degree, with the most common angles being around 35° or 45°, relative to the line of travel. The exact angle will vary depending on the horse's training level and the specific exercise." – FEI.org

The same requirements apply to the leg yield. Early or late arrival is an indication of a lack of submission to the aids on the part of the horse and a lack of the riders correct and effective use of aids. Mistakes like these impact not only the score for the movement but are also factored into the collective marks at the end of the test. As per the FEI, the correct angle for a leg yield is 45 degrees with the horse maintaining positioning that is nearly parallel to the long side while on the line of travel.

Corners and Circles –
News flash… if you haven't heard this one yet, you must be living under a rock… there are no corners in a 20 meter circle. EVER! If you are one of the offending riders that adds corners to your 20 meter circles at A and C, please stop. The judge has to go to therapy because of seeing this too many times and we scribes are tired of writing, "No corners in 20m circ."

The question was asked, "What makes a good corner and how do I know how deep to make my corners?"
Bev replied that 10 meter corners are good for all lower level tests

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and 8 meter corners are good for 2nd level and up. She also said that for all levels, it's not just about how deep you go, it's about consistent balance and bend, and maintaining the size of the corner at all three gaits throughout the test. You don't get extra points if you are riding a first level test with 8m corners at the walk and trot and then expand to 10+ meter corners at canter.

She further added that turns onto the centerline and from B/E to X should be 8 meters. She said you should start the turn *before* the letter so that you turn onto the line of the letter as a result of executing the 8 meter turn. So, if you are making a turn from B to X, begin turning earlier so that as you finish, your horse is on a straight line from B to E. If you wait and then start your turn at B, you won't end up on the correct line of travel straight to E through X.

For circles as you practice, Bev suggested counting the strides for each ¼ of your circle at each gait. There should be the same number of strides for each ¼ circle if you are riding them properly with correct bend and balance. She also said that misshapen circles are another big mistake she sees a lot. A correct circle requires the use of both your inside and outside aids. Many circles are oval at one end of the other or are too small or too big.

Read the Purpose and Directives –
Do you know the purpose of the tests at your level? Do you know the directives for each movement? Bev stressed that reading those is just as important as memorizing the pattern. The purpose and directives tell you *how* to ride the pattern, and *what* specifically the judge will be looking for as you ride the pattern. Even if you have a fancy horse, if you are not following the directives and purpose of the test, you won't get a good score. Many points are lost if the test is ridden without an understanding of the purpose and directives.

Bev pointed out that on your scored test, if there are parts of the directives or test purpose that have been underlined or circled, it means that those things were really, *really* lacking. Focusing on purpose and directives can dramatically improve your scores.

What the Score Means -
Bev wanted everyone to understand what each score means and to know that the judges are trained to use a consistent methodology when scoring a test. Each number is paired with a description ascending from 0 to 10. She reminded us that a 7 means fairly good, and to remember that means there is more room for improvement.

10: Excellent
9: Very good
8: Good
7: Fairly good
6: Satisfactory
5: Marginal
4: Insufficient
3: Fairly bad
2: Bad
1: Very bad
0: Not performed (or not executed)

She also had very insightful thoughts to share about reading the final test score and what it should really mean to you. If your score is in the 65-70's range, it means you are showing that you are able to *improve* the natural gaits and balance of the horse *and* ride a very correct test.



A score in the low to mid-60's means you are showing you are able to *influence* the gaits and balance of the horse but are making several mistakes on the test. A score in the 50's or lower means you are showing *very little* ability to influence the horse and are making *many* mistakes on the test.

A Few Final Thoughts -
Bev was told a long time ago that, "You want the longest neck possible that allows you to correctly execute the movements of the test." Steffen Peters told her that he likes to be able to ride each test in whatever frame he wants to, long or short, so that the horse is adjustable.

And finally, she says to make sure to show off your best gaits on the short sides where the judge can really appreciate them☺

Thanks Bev, for sharing all your teaching and wisdom with us, and entertaining us along the way!


ARIZONA DRESSAGE ASSOCIATION
FUTURITY COMPETITION
Proudly Sponsored by Scottsdale Equine Reproduction Center
SERC
Scottsdale Equine Reproduction Center LLC
THE FUTURE ELITE
Are you ready to showcase your young horse's talent and compete for amazing prizes?
The Arizona Dressage Association (ADA) invites you to participate in our prestigious Futurity Competition, held during the ADA Fall Fiesta Show, November 1-2, 2025.
Divisions and Fees:
• Compete in either the Open or Amateur/Junior/Young Rider (AA/JR/YR) divisions.
• Nominate your horse for just $100 via the Fox Village online entry form or check
Eligibility and Rules:
• Horses must be 4, 5, or 6 years old and not have shown above First Level
• Both owners and riders must be current ADA members
• Horses must be nominated with proof of age, and fees paid prior to Fall Fiesta show entry closing date.
Competition Details:
• Compete in First Level Tests 1 and 2, judged on the highest total average percentage score
• Attend the awards ceremony to receive your prizes
Awards & Prizes
Win a share of the total purse:
50% 1st place
30% 2nd place
20% 3rd place
Champions receives an exclusive ADA Branded Cooler
$2600 Purse!
Nominate Your Horse For Just $100
For more information, contact Susan Skripac at 315.558.2938 or futurity@azdressage.org
Don't miss this opportunity to shine in the ADA Futurity Competition!
Nominate your horse today and be part of an exciting event that celebrates excellence in dressage.
azdressage.org

Board of Directors
Regular Meeting

August 11, 2025
Minutes

Call to Order
The Board meeting of the Arizona Dressage Association was called to order at **6:06 PM** by **Ann Damiano, President**, with **Kelly Stapleton, Secretary**, present.

Roll Call
Members Present: Ann Damiano, Rebecca Bruening, Rebecca Lindy, Kelly Stapleton, Michell Combs, Susan Skripac, Erin McHenry, Karen McGee, Leslie Sherlin
Members Absent: None
Guests: Tracy Case, Jaime Pollack, Cathy Jones, Sue Leutwyler

Approval of Previous Minutes
Minutes of the previous meeting held on **June 16, 2025**, were approved as read and submitted to **Beth Martinec** for publishing in *The Centerline*. No Board meeting was held in July 2025.

Officer Reports

President's Report
Submitted by **Ann Damiano**:
- New website completed (thanks to Dr. Sherlin); received excellent feedback.
- Rebranding rollout and communications launched; very positive member response.
- Collaborated with Communications Committee on:
  - *Centerline* template rollout
  - Content updates
- Launched online ADA merchandise store.
- Supported Education Committee with sponsorships and clinic communications.
- Participated in Nominating & Governance Committee updates to policies and procedures.
- Assisted Show Committee with fall events planning: Fall Fiesta + two schooling shows.
- Worked with Susan Skripac on Board proposal for updated futurity program.
- Prepared fall fundraising initiatives (see fundraising report).

Education Committee – Cathy Jones/Cindi LaCroix/Rebecca Bruening | Report Submitted
- *Wine & Scribe:* 46 participants signed up to date.
- Track volunteer needs, in-kind sponsor agreements, and sponsor visibility.

Board Discussion:
Motion coming out of committee for the recommendation to approve the Education Budget to include the additional expense of the sound system/technician $4,171 (with 10% discount). **Motion approved**; vote was unanimous.

Junior/Young Rider Committee – Leslie Sherlin | Report Submitted
- Riders attended NAYC; updates on U25 riders shared via social media.
- Interviews for *Centerline*: Katie Nyack article in progress.

Treasurer's Report
Submitted by **Rebecca Lindy**
Financial Snapshot (YTD, Jan–Jul 2025):

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EOM Cash Balance Trend							
	Jan	Feb	Mar	Apr	May	Jun	Jul	Notes
xx1521	$ 8,011	$ 3,637	$ 26,400	$ 24,931	$ 44,622	$ 35,377	$ 27,591	
xx6796	$ 5,215	$ 31,875	$ 4,682	$ 3,695	$ 3,934	$ 2,334	$ 5,141	Debit card & Paypal link
xx9563	$ 66,622	$ 66,623	$ 66,623	$ 66,623	$ 36,624	$ 36,624	$ 36,624	Transferred $30k to 3 CDs for $10k each
CDs	$ 23,580				$ 30,000	$ 30,000	$ 30,000	Purchased 3 CDs for $10k for 4 mos at 4%
Petty Cash	$ 400	$ 400	$ 400	$ 400	$ 400	$ 400	$ 400	
Total	**$103,828**	**$ 102,535**	**$ 98,105**	**$ 95,649**	**$ 115,580**	**$ 104,735**	**$ 99,756**	
Inflows include								
Show income					$ 22,000			
Clinic income							$ 22,000	
Expenses include								
Markel Annual Comml Premium		$ 1,976						
Y/E Award banquet			$ 2,800	$ 1,715				Caterer, Facility deposits and awards
Outstanding CORE expenses			$ 3,951					Horseshoe Sprgs, Exp Reimbursements
Website Q1				$ 1,200				
June show expenses						$ 10,945	$ 25,000	Westworld and some contractor checks cleared in July
Interest earned on CDs as of 8/11/25 is $232.71								

- Net Loss (Cash Basis): **($23,245)**
- Accrual Adjustment (Deferred Revenue for Jan Clinic): **+$7,960**
- Accrual Net Loss: **($15,285)**
- June Shows Loss: **$5,716** ($4,580 per P&L + $1,136 delayed TD check)
- Investments/CDs: Current CDs mature 9/19/25; proposal to invest $25–30k in new CDs (≤10 months).
- Stripe transactions not yet posted in QuickBooks; detailed reports required.

Contracts:

- Foy/Peters – Los Cedros: Contract signed, deposit sent (8/11/25).
- Foy/Peters – Pour Masters (bartending): Contract received, down payment made.

Insurance:

- Event coverage updated for all 2025 shows; clinics to be added once facilities confirmed.

Budgeting & Forecasting:

- Education Committee: Updated clinic budget & payment timing supports cash flow.
- Budget reforecast received.

New Business

- **Tax Filing:** ESG Accountants completed return; final review this week. Prior accrual issues resolved (written off).
- Guidelines & Procedures (in progress):
  - Donation & Sponsorship Guideline (near final)
  - Travel Guideline
  - Recognized Show Contractor Expense Reimbursement Guideline
  - Monetary Awards Guideline (ADA Programs)

Nominating & Governance – Karen McGee | Report Submitted

Policies Finalized or Under Development:

Finalized:

- Spending and Signature Authorization Matrix and Policy

Policies and Procedures under review/development:

- Volunteer Expectations and Board Member Code of Conduct
- Board Member Nomination and Election Guidelines

Contracts & Templates:

- Symposium agreements progressing; invoices being processed and reviewed.
- New/updated templates:
  - Photo/Video Release Form (separate consent suggested)
  - Show Staff Judges Services Agreement
- Templates stored in central folder

Photo/Video Release Guidelines:

- Consent tracking required for commercial use; personal photography allowed without release.
- Suggested implementation: checkbox for photo, video, or both consent; event signage or online notice.

Board Discussion:

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Motion coming out of committee for the recommendation to implement the Signature and Spending Authorization Policy (SSAP). **Motion approved**; vote was unanimous.

Scholarship Committee – Karen McGee | Report Submitted

- Completed activities by Cindi, Ray & Michell and articles submitted.
- Scholarship funds to be disbursed after publication.
- Promotional materials drafted to increase awareness, particularly for junior riders
- Current scholarship: $500; discussions to consider increasing amount or number based on finances.

Recognized Show Committee – Kelly Stapleton | Report Submitted

- Prize List preparation ongoing; goal is to be published by mid-September.

Schooling Show Committee – Susan Skripac (in Christa Severns' absence) | Report Submitted

- Cynthia Ganem is stepping down as show secretary. Looking for replacement.

Volunteer Coordinator – Tracy Case | Report Submitted

- Monitoring volunteer needs for education events and shows.
- Scheduling e-Scribe training for Fall show.

Communication Committee – Erin McHenry | Report Submitted

- Reformatted report to track tangible and virtual marketing materials.
- Preparing Futurity Flyer and Judge's Apprenticeship Flyer to be included in the Prize List for the Fall Fiesta

Membership Committee – Michell Combs (as of 8/8/2025) | Report Submitted

- 225 total 2025 ADA/GMO members
- 38 new members (36 adults, 2 juniors/young)
- 167 renewals (157 adults, 10 juniors/young)
- 58 members from 2024 have not renewed

Awards Committee – Jaime Pollack | Report Submitted

- Working with Callie Bonine on ribbon and prize orders to align with brand standards.

Futurity Committee – Susan Skripac | Report Submitted

- The Futurity Committee presented a revised program to the board, integrating the event with the Fall Fiesta Show and simplifying nominations and entries to encourage greater participation. **Motion approved**; vote was unanimous
- We have a sponsor for the Fall show, Scottsdale Equine Reproduction Center/Jerry Longworth $2,000; ADA contribution $300 per division; total purse $2,600 plus nomination fees.

Board Discussion:
Motion coming out of committee for the recommendation to implement new Futurity Competition Program. **Motion approved**; vote was unanimous.

Fundraising – Ann Damiano

- Fall show fundraising prioritized with support from Karen and Erin.
- Coordinating fall meet-and-greet with Steffen and Janet on the education side.

Closed Session (Non-Board members excused.)
Board Membership Discussion:

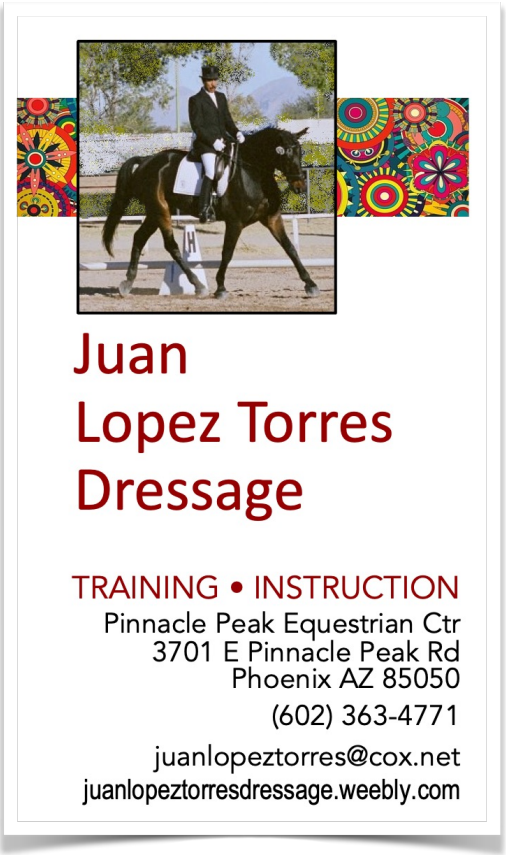
- The Nominating & Governance Committee has submitted a motion recommending Jaime Pollack for appointment to the Arizona Dressage Association Board of Directors. **Motion approved;** vote was unanimous. Action: Notify Jaime and prepare member announcement with brief Bio.

Next Meeting

- September 8, 2025, 6 PM (ADA members invited)
- October and going forward, meetings will be held the **3rd Monday of the month**.
- Contact: Kelly Stapleton, K.Stapleton@azdressage.org if you have interest in attending a meeting.

Adjournment
The meeting was adjourned at **8:12 PM**.

Respectfully Submitted,
Kelly Stapleton
Secretary



Heather Blitz Brings Four Days of Biomechanics-Focused Dressage Training to Prescott and Flagstaff

by Beth Mulcahy MPH

The Arizona dressage community enjoyed an extraordinary opportunity to learn from internationally renowned dressage rider and trainer Heather Blitz during a four-day clinic held August 8th-11th, with two days in Prescott and two days in Flagstaff. Collaboratively hosted by the Northern Arizona Chapter of the ADA (NACADA) and Performance Footing, the clinic focused on equine biomechanics, helping riders understand the horse's movement from a functional and anatomical perspective, and how subtle changes in rider position can profoundly influence performance.

In addition to mounted instruction, Blitz incorporated long-lining sessions for select horses—an advanced training method used to improve balance, suppleness, and engagement without the weight of a rider. This approach proved invaluable for horses facing specific challenges, allowing them to work through difficulties in a supportive and progressive way.

The first two days took place at Oak Meadows Ranch in Prescott, Arizona, generously hosted by Dr. Richard and Mrs. Jane Williams. Riders and horses participating included:

- Kristen Havlak riding Aero, a owned by Jane Williams
- Marlena Deleone riding Africano, owned by Alan and Theresa Reese
- Kim Rahab riding her horse, Icaro
- Beth Mulcahy riding her own horse, Deniro's Black Shadow
- Marlena Deleone riding Masterpiece, owned by Beth Mulcahy
- Nikenna Calia riding her own horse Mya
- Marlena Deleone riding Jack, owned by Carol Lands
- Marlena Deleone riding Leo, owned by Rebecca O'Connor



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Blitz worked with each pair to refine communication, enhance engagement from the hindquarters, and develop suppleness through correct biomechanical alignment.

The clinic then moved north to Rain Valley Ranch in Flagstaff, hosted by John and Jennifer Ayers. Riders in the Flagstaff sessions included:

- Missy Gilliland riding Fine Chocolate, owned by Jennifer Ayers
- Rebecca Lindy riding both her horses, Fritz de Borey and Jeitoso XIV
- Missy Gilliland riding LC Candelon De Landeros, owned by Susan Dyer
- Missy Gilliland riding Wintraz Sir Robin owned by Diane Corieri
- Melissa Reed riding her horse Zahon
- Dr. Joanna Norman riding her horse Enjoy Jazz D
- Amy Whipple riding her horse Rio
- Barbara Riglin riding her horse Fritz

In the cooler mountain setting, Blitz continued her focus on developing correct movement through precise rider aids, with several long-lining demonstrations that clearly illustrated how proper biomechanics can lead to improved self-carriage and lightness.

A Lasting Impact

Participants and auditors praised Blitz's depth of knowledge, her ability to quickly identify the root of a training issue, and her clear, rider-focused communication style. The combination of in-saddle coaching and groundwork offered a well-rounded approach that riders found immediately applicable to their training at home.

This clinic not only deepened riders' understanding of how the horse's body works, but also underscored the importance of the rider's own alignment, timing, and feel in unlocking a horse's athletic potential.









Upcoming Board Meetings:

October 20th, 6pm
November 17th, 6pm
December 15th, 6pm
(All meetings are virtual)

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

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ADA FALL FIESTA

Entries open 9/19 and closes 10/20

3rd and 4th Level Riders



Would you consider helping your future USEF large R dressage judges? We need your support to fill the ADA Fall Show's Third level test 3 & Fourth level test 3 classes November 1-2, 2025!

USDF is pleased to announce the upcoming educational opportunities:

USDF Book Club Meeting – Tuesday, September 23 at 8:00pm EST

***33 Strength and Fitness Workouts for Horses* by Jec Ballou**

Join USDF staff and the hosts of the Dressage Radio Show podcast as they sit down with author Jec Ballou to discuss her most recent publication. The meeting will include live question-and-answer-based discussion with viewers as the group shares what they learned from the exercises in *33 Strength and Fitness Workouts for Horses*.

Registration for Book Club here: https://us06web.zoom.us/webinar/register/6317569140617/WN_6Ix4SaD-RlaliaaQ-vILvA#/registration

USDF Virtual Education Series – Wednesday, October 22 at 8:00pm EST

***Inflammation and Fatigue in Performance Horses,* presented by Dr. Sarah White-Springer**

Dr. Sarah White-Springer joins USDF once again to share the findings of her recently concluded research on how inflammation and fatigue affect the overall performance of equine athletes. Sarah will discuss how nutrition, sleep, exercise, and even light exposure are related to recovery and injury prevention in performance horses.

Registration for the Virtual Education Series here: https://us06web.zoom.us/webinar/register/6617521593677/WN_AsrWGfIMQceVe4zqCnjeEw#/registration

Riding with Amelia

By Cindi La Croix



The Arizona Dressage Association offers scholarships to its members each year, and the application due by Feb 1. I had never applied for a scholarship so when I read about this, I thought I would try! I was so surprised when I received an email with my scholarship offer!

In the application, I stated that I was planning on training with Amelia Newcomb in Somis, California. That was my hope, but at this point, I had not even asked if she was available for outside training. I knew that she had a big online presence, and performed virtual training, so I was hoping that she would also take in students and be able to house our horses.

Well, things all fell into place, Amelia accepted us and the facility she works out of took our horse's in. We decided to go in the heat of the summer, late July, so that our horses could get a break from the tremendous heat here.

The facility, Fox Canyon Farm, was beautifully set up with 5 arena's all with world class GGT footing. A hacking loop circles the 20 acre property.

The owner of the facility greeted us and Amelia's groom showed us where the horse's were to stay. The weather was perfect, between 70 and 80 degrees all five of the days we were there. A nice breeze was a daily occurrence.

The day we arrived, we let the horses relax and get used to the grounds.

All the people that trained and rode there were very welcoming so we felt comfortable. We put our tack away in the tack room, and Amelia checked in with us to make sure we had enough room for everything.



On day two, we took our first lesson. Amelia gives 1 hour lessons, and she guides you through the warm up process, making sure the horse is supple both laterally and longitudinally. If they don't bend, and move from your leg to your outside rein, you do more bending exercises before you move on to the working portion of the lesson. Her ultimate goal is for your horse to regulate and respond from your seat and legs not your hands (unless all else fails).

What was amazing to me, is that following that thought in my warm up, and placing that amount of emphasis on suppleness, combined with forward and back, and mobility of the different body parts of the horse, made my horse much easier to perform all the

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movements that were difficult before.

During this time, she was constantly reminding me to sit heavier in the saddle and to ride the back legs of my horse. I have a tendency to lean forward and have air space between me and the saddle at times, especially when my mare pulls on me. She constantly repeated "Sit back, sit heavy (meaning to keep my butt in the saddle and sit up), soft hands".

She had me visibly release my hand every time I suppled the inside rein, and my mare appreciated it!

By day three, we were cantering haunches in on a 10 meter circle for 2 to 3 strides, then walking for 3 or so strides (still in haunches in) then cantering again from the haunches in, for a few more strides. She said these were like doing "jump squats" for the horse, so we didn't do too much. She then asked me if I thought I could do the same thing to the right (because my mare is more difficult to keep balanced to the right in the canter) . I responded, "I didn't think I could do it to the left, so let's try it!! ". I was stunned to find out that we could!

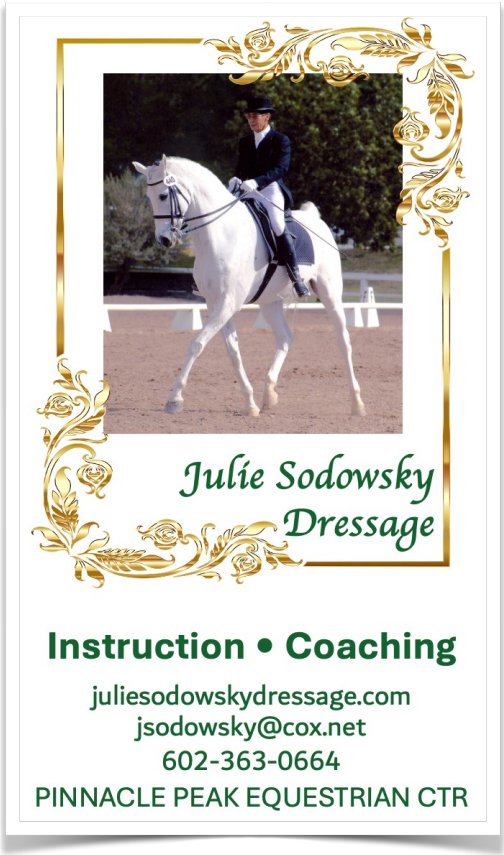
Each day, she encouraged me to step out of my comfort zone and push my boundaries. Every warm up session was all about inside leg to outside rein and she was very methodical in ensuring that each exercise prepared you for the next. Every exercise was done on both reins so that the horses were equally worked.

Day three, Steffen Peters arrived at 8 a.m. to give lessons, so we were able to have the benefit of watching them with our morning coffee. In the afternoon, we had our lessons.

By day 4, I was doing Piaffe steps to walk, Piaffe to trot, piaffe to trot on a serpentine, then stretchy trot to stretch her back. I came back wondering and hoping that I could continue the process. Luckily, my trainer, Missy Gilliland who has been away at horse shows and clinic's comes back this week, and will be able to continue to guide me through the structured program.

I want to give thanks to the Arizona Dressage Association for providing me this opportunity. It was such a wonderful gift!!







The **Northern Arizona Chapter of the Arizona Dressage Association, NAC of ADA**, is a 501c3 Nonprofit Organization comprised of members in the quad-city areas of **Prescott, Chino Valley, Verde Valley, Prescott Valley, Dewey-Humboldt and beyond!**

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)

NAC of ADA Officers/Board 2025

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

Lynne Trenery, Vice President
E: Lynne@freemansaddlebreds.com

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

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

Lisa Darling, Education and Clinic Committee Chair

Theresa Reese, Director

Tristan Lloyd, Director

Kate Goshorn, Director

Sabine Preisinger, Director

Kay Turner, Director

CALENDAR OF EVENTS

JAN				
FEB				
MAR	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
APR	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			
AUG	15: ADA Clinic - Wine N Scribe with Bev Rogers			
SEPT	6: NAC Schooling Show: Freeman Farms, Judge Jenny Cohn 'L'	22: ADA Clinic - Build YOUR Core! With Jeremy Bridges & Patrick Raby II		
OCT	11-12: ADA Clinic - Mind/ Body with Janet Foy & Steffen Peters	18-19: CARA Harvest Show	19: ADA Schooling Show: Carefree Farms	25: Spear-Cross Equine Center of Scottsdale Show
NOV	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	
DEC	6: ADA Clinic - Mind/ Spirit with Janet Jones	13-15: Dressage at Spear Cross		



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