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The Gift

by Susan Downs Parrish, Ph.D.

My son, Josh, sees me as happy and content. Of course, his view delights me. He works sixty hours a week, is married to a woman who is one of the smartest people I've met, and together, they are raising four girls, ranging in age from eight to fifteen. Hard work, he knows, contentment, not so much. One of his passions is tennis, a game he finds time to teach on weekends. As for dressage, he knows I love it, but would have to search on Wikipedia to discover what it's about. What Wikipedia wouldn't tell him is that anyone who pursues Grand Prix isn't inclined to be content.

When I run through the Grand Prix test in my mind, I count seventy-one transitions. Upon mentioning this number to Ron, my husband, he said, "If the test lasts seven minutes, you would do ten transitions a minute."

"Yeah, sounds about right," I said. The question he considered but avoided was: "Why would anyone want to ride Grand Prix?"

I'm hopeless. I can't imagine not wanting to train a horse to Grand Prix. This kind of

desire is probably in my genes. Look out, Josh.

I love horses, but love isn't the primary motivation for tackling Grand Prix. Waldemar Seunig's description of being "two hearts, one thought," captures the allure. Seventy-one transitions demands what Seunig described. Grand Prix doesn't allow "faking it until you make it." There is no pretending at this level. The horse has to be physically able and mentally willing to reflect the rider's thoughts. If the relationship between the horse and the rider is based on force, the performance will lack elegance—it certainly won't be art.

Even if destined to experience the two-hearts-one-thought moment, a rider will happen on some memorable two-hearts-two-thoughts moments, which brings me to my second ride at the Road Runner I Show. Piaffe appears three times in the test. Three times I had piaffe in mind, and three times Maronda had back up with determination in mind. Guess which thought dominated? I never pondered movements that might be incompatible with piaffe. Until this ride, all four feet planted might have been at the top of the list, if I had a list. Now, all four

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Review a clinic you attended describing the training and what you learned from the clinician. Send submissions to centerline@azdressage.org

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This column is for the trainer/barn to brag about the accomplishments of its clients, introduce new clients and horses, update readers about any barn improvements, or talk about any other news of interest to the membership. It's a free plug for the barn, trainer and clients. Send submissions to centerline@azdressage.org

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Do you have a training concept that you would like to share? Something your trainer has said to make your understanding more clear? Please share with other riders by sending submissions to <u>centerline@azdressage.org</u>

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

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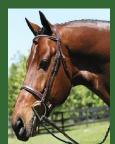
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Newsletter Deadline: 20th of the previous month

Email to: centerline@azdressage.org

Please be sure that your payment accompanies your ad. To make a payment go to https://azdressage.org/advertisement-submission/

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HEY READERS -

The Centerline is always in need of great photos to go along with our articles or just to fill the world with more cute pony pics. So if you have some you'd like to share, please send them to us at:

centerline@azdressage.org





Classified Ad -

Very capable and experienced AA on disability with a very limited income looking to exchange professional dog grooming services for dressage lessons. Preferably someone who has upper level/FEI training and is patient, as I am a high functioning autistic. Email or txt only somniarepen@centurylink.net 602.799.6186

Continued from page 1

planted seemed as a distant second. Of course, I took her refusal to share my thought personally because it was personal! After exiting the ring, we went into the warm-up arena where she did a lovely piaffe, thank you very much.

Hurt feelings aside, I followed Col. Alois Podhajsky's advice:

Whenever difficulties appear, the rider must ask himself: does the horse not want to execute my demands, does he not understand what I want, or is he physically unable to carry them out? The rider's conscience must find the answer.



Photo by Mary Cotes

Maronda doesn't like the indoor arena and she was in heat. When I asked for piaffe, Maronda said, "No way!" But she didn't buck or run away. She simply backed up. During the same test, she willingly performed extended canter with no expression of temper. Conclusion: I had no idea why she backed up when asked to piaffe.

I will spare the reader the minutia of the thoughts that ran through my head a few days after the show. One haunting thought was the idea that she might back up at moments of piaffe in future shows—oh my.

Maronda got two days off after the show. Mounted, I didn't have any new ideas so I rode her as usual. Instead of her typical relaxed manner, she was anxious which surprised me. Generally after a show or clinic, her performance improves—as if she had an "aha" experience at the show or clinic. Being a psychologist, Post-Traumatic Stress Disorder (PTSD) came to mind. Just kidding! I did think what happened left a bad impression on her. Me too!

About a week after the show, I happened on an article that I wrote in 2014 after being a demo rider in the TDC symposium titled Science Meets Art. In the article, I quoted Charles saying, "Tap, tap, tap, Susan," as he reminded me of the leg aid for trot. I had forgotten his words. The idea of tapping with my legs reminded me of a Nuno Oliveira quotation:

The legs have to softly drape so that they can

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gently activate, not through closing but through touching.

Charles's idea of "tap, tap, tap" and Nuno's idea of "touching" seemed compatible to me, but how would Maronda respond? We headed across the diagonal at a collected trot and I applied tap, tap, tap. Without hesitation, she offered a big trot. I almost fell off—no not really. Inspired, I wondered about applying the idea of tapping/touching to walk-passage transitions. To make this transition, I have tried sitting taller while moving my legs back. She kind of gets the idea, but not precisely. When I did tap, tap, tap and let her know that her frame was to be short, she said, "Okay, no problem." The transitions she is producing aren't worthy of tens, but the difference is stunning. Nuno described dressage as "extraordinary subtle work." Boy was he right.

The difference between passage, collected trot, or extended trot is conveyed to the horse, in part, by the frame allowed. Maybe everyone knows that tap, tap, tap is the aid for trot but I have been failing to use this aid. Poor Maronda; her rider/ trainer is a dummy. No wonder she backed up.

After a few days of practicing tap, tap, tap, I went to Marian Munsinger's M2 to test Maronda's response in a place other than home. There are three arenas to choose from at M2. The arena near Oasis Road is the one in which Maronda feels least comfortable. No horses were visible and no other rider was present—all alone, just the two of us. With some poles, jump standards, and a few dressage arena letters strewn about

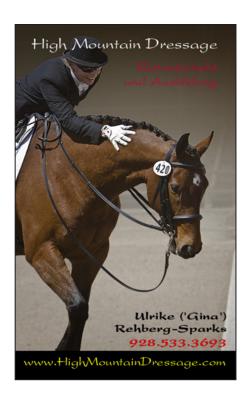
but no fencing, I had to envision an arena. I rode the Grand Prix Test. To my surprise, it was a twohearts-one-thought moment. She did everything with only one counting mistake in the one-tempi lead changes. The ride surpassed my dreams, and she performed in a double bridle and didn't require spurs. Not every movement was a ten, but every movement was the best she could produce at this point in her training. I would've dismounted, the ultimate reward, but the risk of losing her that close to the road stopped me.

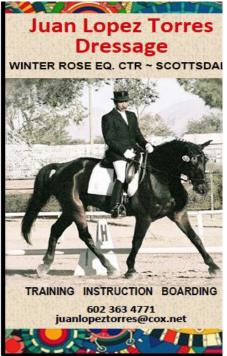
Since our perfect ride, I have continued to rely on the tap/touch aid for trot and am working on applying the idea of tap/touch during canter. I have no doubt Maronda will have more moments of flawless harmony like the one described above. Would that some of these moments be at a show but that may not happen. One problem with riding a horse smart and sensitive enough to be in near-perfect harmony is that she senses when I am nervous and responds accordingly. The result may be two scared hearts with jumbled thoughts.

I plan to show at the Road Runner II Show in July. It's possible that we will have a two-heartsone-thought moment. I admit it's unlikely, but it could happen. Regardless of how my ride goes, I know that near-perfect-harmony is possible with Maronda, and when it happens, wherever it happens, it is a gift.









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June 2019 Region 5 Message

Summer is hopefully coming soon. Colorado has had crazy weather this spring and I'm ready for it to be warm. The snow and rain has made everything very beautiful, but please just let it be warmer...

It has been announced that the Regional Championships for 2020 will be back in Parker, Colorado. Sadly, we didn't receive any bids and the Rocky Mountain Dressage Society was able to put something together so that we would have a Regional Championship. I am looking forward to visiting a couple of facilities outside of Colorado this summer that have the potential for Regionals and hopefully we will have some various options to consider for 2021.

The 2019 USDF Convention will be December 4-7 in Savannah, Georgia! Coming visit Region 3! The host hotel is right on the harbor and is also a golf and spa resort, so you can enjoy some pampering and perhaps convince a spouse to join you. The history of the area is incredible and there are lots of wonderful places to visit and great restaurants to try.

We have 4 declared Juniors and 2 declared Young Riders for the 2019 NAYC in Old Salem, New York. I sadly have to say very few of those who are declared are planning to attend due to the cost and travel involved. It is a hard trip for those who have older horses and some of our folks also experienced some equine injuries before the qualifying season and weren't able to compete. Still, even if we can send 1 or 2 of our youth, it's the experience of a lifetime! If you would like to contribute or help with their fundraising efforts, please contact Joan Clay, our Region 5 Jr/YR FEI coordinator at inclay@comcast.net or 970-420-0877. These young adults work very hard, as do their parents, trainers and friends and every little bit of support is greatly appreciated.

We currently have one large educational event on the horizon in our region. Please mark your calendars for September 28-29, 2019 and join the Tucson Dressage Club for their symposium with Laura Graves. For more information, please visit their website at tucsondressageclub.org.

If you have news you'd like to share, please let me know, we're happy to get it out and about for you.

Till next month! Heather Petersen

Region 5 Director



"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by the dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming;

but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly."

- Teddy Roosevelt



SCHOOLING SHOW CALENDAR

September 29th - WestWorld of Scottsdale Judge - Shirley Rector

October 19th - Dale Creek Equestrian Village Judge - Lois Whittington, L Grad

December 7th - Bar A Ranch Judge - Cynthia Ganem, L Grad, USEF 'R' western

he USDF has created a glossary of terms to improve understanding of, and standardize the usage of I the terminology used in judging and in communication between judges in the sport of dressage. While this list is not intended to be a comprehensive lexicon of general dressage terminology, it is hoped that it will improve the communication between judges, competitors, and trainers. The following terms have been excerpted from that list, the entirety of which can be found at https://www.usdf.org/educa- tion/university/kb/item.asp?ID=991&g=Glossary

CLARITY/CLEAR

The correct rhythm (sequence and timing of the footfalls and phases of a gait). Often-used in relation to maintenance of the correct rhythm of the gaits before and after a transition.

FRAME

The outline of the horse, which should change according to the length of stride (shorter frame for collection, longer for extension) and which shows degree of uphill versus downhill carriage.

LENGTHENING OF STRIDE

A pace at trot and canter in which the stride, frame and phase of suspension are longer than in the working pace, but the degree of uphill balance

required in the medium pace is not expected. The tempo remains nearly the same as in the working pace.

RUNNING

Increased speed (MPM) due to quickening the tempo rather than lengthening the strides with appropriate periods of suspension.

Usually used in reference to lengthened, medium or extended trot or canter, or quickening the trot tempo before a canter depart.

THRUST

Propulsive forward and upward drive from hindquarters. Required at First Level to achieve improved balance and throughness; at Second Level required to be in a more uphill direction.

Attention Young horse owners!!!!!! ADA Futurity is open for your horse nominations. https://azdressage.org/wp- content/uploads/2014/07/futurity.pdf

If you have any questions, call Susan Skripac @ 315-558-2938



ADA FUTURITY

RULES AND REGULATIONS



ELIGIBILITY

- 1. All horses entered must be four, five or six years old when competing in the Futurity.
- 2. All horse owners and riders must be current ADA members for nomination and when competing in the Futurity.
- 3. Horses may not have competed in First Level prior to opening nomination date of October 1st or before any late nomination. Horses may not compete above First Level until after the Futurity. First Level tests, including Young Horse, Para Equestrian and Eventing tests are listed in USEF rule DR119. As an exception, ADA allows competing in USEF and FEI Four-Year-Old tests prior to competing in the Futurity.

NOMINATION FEES: Fees must be postmarked no later than:

 October 1st to nominate horse 	\$ 60.00
(Accompanied by copy of papers with proof of age)	
March 1st to stay eligible	\$ 40.00
■ TOTAL NOMINATION FFF	\$100.00

A horse may be entered after October 1st at any time prior to the Futurity. However, any payment due up to that point must be doubled. Fees must be received or postmarked on or before the due date.

Failure to make a payment by the due date will result in all previous payments being forfeited (i.e., No Refunds of previous payments). Owners must enter their horses in the Futurity Classes at ADA's Spring Celebration Show (First Level Tests 1 and 2) and pay the entry fees for these classes separately.

AWARDS AND PURSE DISTRIBUTION

Open Division and Amateur/JRYR Division each have a guaranteed added purse of \$300.00 donated by ADA.

Horses are ridden in First Level Tests 1 and 2. Winner will be determined by the highest total average percentage score from all judges on the two tests. The Open winner receives the Risinger Futurity Perpetual Trophy plus trophy for new division. Ribbons are awarded through 6th place. All nomination fees go into the purse per division and are divided as follows: 1st –35%; 2nd –20%; 3rd –15%; 4th – 13%; 5th –10%; and 6th-7%, with checks distributed no later than 30 days after the show.

CHAIRMAN: Susan Skripac, susan.camp@oswego.edu, 315-558-2938

RULES:

- 1. To be judged on all-around ability of horse and rider in First Level Tests 1 and 2, highest total <u>average percentage</u> (all four % scores) to win.
- 2. No limit to number of nominations.
- 3. Owner and rider must be current members of ADA at the time of nomination and time of competition.
- 4. Change of ownership does not void a nomination, but the new owner must be a current member of ADA and the Futurity Chairman must be notified of any change in Ownership.
- 5. The ADA Futurity Chairman reserves the right to cancel this Futurity for any reason deemed necessary (with approval of the ADA Board) and all fees will be refunded, less \$5.00 per nomination).
- 6. All nomination fees (except in case Rule 5) will go into the purse. The purse for each division is a combination \$300 donated by ADA plus the nomination fees collected for each division. The prize money distribution is determined by the number of finalists in each division.
- 7. Trophies, ribbons and office fees will be sponsored.
- 8. Copy of registration papers or a veterinarian's proof of age must be submitted with the first payment to Futurity.
- 9. No refund of nomination fees after October 10th.
- Rider must be declared by owner on final nomination date of March 1st. No changes after March 1st; NO EXCEPTIONS.
- The Futurity is held during the ADA Spring Celebration Show. Futurity scores do not count toward other special and perpetual trophy awards.
- 12. Tests may be studied at the end of the first day of the competition, but will be retained by the Show Secretary until completion of the Futurity Awards Presentation. Tests will be returned after the Awards ceremony.
- 13. Each Futurity entry must pay Show Class Fees (First Level Test 1 and First Level Test 2) at the Spring Celebration Show over and above any and all other Futurity nomination payments.
- 4. Horses and riders <u>must</u> be present at the Futurity Awards Ceremony to receive awards and prizes. Failure, without prior permission of the competition manager, to be present and properly attired will eliminate the official score and placing, and the next highest score will move up. If Awards Ceremonies are scheduled in conflict with a competitor's/horse's preparation or scheduled ride, the competitor and/or horse will be excused from the Awards Ceremony with permission of the Show Manager. Requests to be excused from the awards ceremony must occur by end of the show day Saturday before the scheduled ceremony Sunday, except in the case of an emergency. Horse leg wraps may be white or black, but are not required. The schedule and location for the Awards Ceremony will be posted in the show secretary's office by noon on Saturday. Checks will be delivered to the Owner/Lessee no later than 30 days after the Competition.

Our Mission:

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The Arizona Dressage
Association is a not-for-profit
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to promote the advancement
of classical dressage through
educational opportunities and
programs, and the rigorous
evaluations received at recognized
and schooling dressage shows.



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USDF Recommended Reading List

USDF Training Manual (Classical Training of the Horse) – USDF

The Principles of Riding – German National Equestrian Federation

Advanced Techniques of Dressage – German National Equestrian Federation

USDF Pyramid of Training – USDF

The Gymnasium of the Horse – Gustav Steinbrecht

The New Basic Training of the Young Horse – Ingrid & Reiner Klimke

Cavalletti for Dressage and Jumping – Ingrid & Reiner Klimke

When Two Spines Align – Beth Baumert

Balance in Movement: The Seat of the Rider – Suzanne von Dietz

Thinking Riding - Books 1 & 2 - Molly Sivewright

The Complete Training of Horse and Rider – Alois Podhajsky

The Riding Teacher – Alois Podhajsky

An Anatomy of Riding – Drs. H. & V. Schusdziarra (Reprinted as Anatomy of Dressage with USDF as the co-publisher)

Rider & Horse Back to Back – Susanne von Dietze

Practical Dressage Manual – Bengt Ljungquist

Dressage with Kyra - Kyra Kyrklund

Dressage: A Guidebook for the Road to Success – Alfred Knopfhart

The Competitive Edge II – Dr. Max Gahwyler

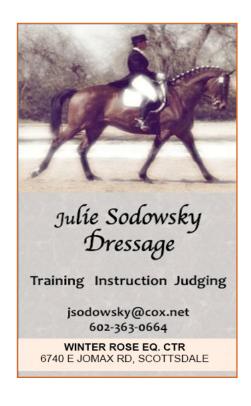
Riding Logic – Wilhelm Müseler

101 Dressage Exercises for Horse & Rider – Jec Aristotle Ballou

Equine Locomotion – Dr. Willem Back and Dr. Hilary Clayton

ARIZONA RECOGNIZED DRESSAGE SHOWS 2019 CALENDAR YEAR / 2019 YEAR END AWARDS

SHOW	LEVEL	SHOW DATE	OPENING DATE / CLOSING DATE	JUDGES
The Champagne Dressage Show, Queen Creek - HorseShoe Park & Equestrian Center	2	January 5 & 6	December 18	Lilo Fore 'S' Hilda Gurney 'S'
TDC Winter Heat I & II Tuscon - Pima County Fairgrounds	3	January 19 & 20	December 4 / January 7	
ADA Fun in February, Litchfield Park - Dale Creek Equestrian Village	1	February 10	December 10 / January 10	Ellie Stein Masek 'S' Judge 2: TBD
TDC March Madness I & II Tuscon - Pima County Fairgrounds	3	March 16 & 17	January 28 / February 27	
Western Dressage in the Desert Scottsdale - West World		April 12		Cynthia Ganam WD "R"
ADA Spring Celebration Scottsdale - West World	3	April 13 & 14	February 13 / March 15	Barbara Ebner 'S' Jennifer Roth 'S'
Road Runner Dressage Show I Tuscon	2	May 31 - June 2	TBD	
Road Runner Dressage Show II Tuscon	2	July 12 - 14	TBD	
ADA Mountain Air & Dressage in the Pines Flagstaff – Fort Tuthill County Park	2	August 17 & 18	June 24 / July 22	Jeanne McDonald 'S' Cindy Canace 'S'
ADA Fall Fiesta Scottsdale - WestWorld	3	November 2 & 3	September 9 / October 7	Janet Curtis 'S' Debbie Rodriguez 'S'
TDC Fall Festival I & II & AZ State Championships, Tuscon - Pima County Fairgrounds	3	November 16 & 17	September 23 / October 29	







2019 Membership Application December 1, 2018 - November 30, 2019

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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!

☐ 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** Provide Arena Selection Committees ProvideEvent Venue Fundraising **Public Relations** Hospitality (home)

GROUP **MEMBER** ORGANIZATION "To Promote the Advancement of Classical Dressage through Education"

Full Mission Statement at www.azdressage.org

2019 CALENDAR OF EVENTS

MARCH

- 2: ADA March Schooling Show, Location TBD. Judges: TBD
- 10: Rianne Ruizendaal Classical Dressage Clinic, Location: 6813 E Calle de las Estrella, Scottsdale. Cost: Riders \$165, Auditors \$35. Contact Dawn Winans @ 602.538.8854 or dawn_winans@hotmail.com for more information. Link to flyer: https://www.facebook.com/events/2048467035247679/.

APRIL

- 8: ADA Regular Meeting 6:30PM, Location TBD. Contact <u>enews@azdressage.org</u> for details.
- 12: Western Dressage in the Desert, Location WestWorld of Scottsdale. Judge: Cynthia Ganem WD 'R'. Manager: Jay Chabucos, JayChabucos@gmail.com, Secretary: Cynthia Ganem, c.ganem@azdressage.org
- 13-14: ADA Spring Celebration, Location WestWorld of Scottsdale, AZ. Judges: Barbara Ebner 'S' & Jennifer Roth 'S'. Manager: Jay Chabucos, JayChabucos@gmail.com, Secretary: Sue Plasman, s.plasman@azdressage.org

MAY 2018

- 12: WDAA Show NMDA, Trinity Ranch, Santa Fe NM. Go to http://nmdressage.net/sshowinfo.html for details.
- 13: ADA Regular Meeting 6:30PM, Location TBD. Contact <u>enews@azdressage.org</u> for details.
- 31-June 2: Road Runner I; location: Pima County Fairgrounds, Tucson, Judges: TBD; Manager Rosemary Panuco, Appeals1@aol.com

JUNE

10: ADA Regular Meeting 6:30PM, Location TBD. Contact <u>enews@azdressage.org</u> for details.

JULY

- 5: WDAA Show NM Arabs, HIPICO Santa Fe, NM. Contact https://www.nmarabs.org/summersalsa for details.
- 6: WDAA Show NM Arabs, HIPICO Santa Fe, NM. Contact https://www.aharegion8.org/region-8-sh-championship for details.
- 7: WDAA Show NMDA, CHerry Tree ABQ, NM. Contact http://nmdressage.net/sshowinfo.html for details.
- 8: ADA Regular Meeting 6:30PM, Location TBD. Contact <u>enews@azdressage.org</u> for details.
- 12-14: Road Runner Dressage Show II; location: Pima County Fairgrounds, Tucson, Judges: TBD; Manager Rosemary Panuco, Appeals 1@aol.com

AUGUST

- 12: ADA Regular Meeting 6:30PM, Location TBD. Contact <u>enews@azdressage.org</u> for details.
- 17-182: ADA Mountain Air & Dressage in the Pines; location: Fort Tuthill County Park, Flagstaff, Judges: Jeanne McDonald 'S' & Cindy Canace 'S'. Manager: Jay Chabucos <u>JayChabucos@gmail.com</u>, Secretary: Sue Plasman, <u>s.plasman@azdressage.org</u>

SEPTEMBER

- 9: ADA Regular Meeting 6:30PM, Location TBD. Contact <u>enews@azdressage.org</u> for details.
- 28-29: Laura Graves Clinic, Tuscon Location TBD. Contact tuscondressageclub.org for details.
- 29: ADA Schooling Show, Location WestWorld of Scottsdale Judge: Shirley Rector

OCTOBER

- 12: WDAA Show NM Arabs, Expo ABQ, NM. Contact https://www.nmarabs.org/chileroast for details.
- 14: ADA Regular Meeting 6:30PM, Location TBD. Contact <u>enews@azdressage.org</u> for details.
- 19: ADA Schooling Show, Location Dale Creek Equestrian Village, Litchfield Park, AZ. Judge: Lois Whittington, L Grad

NOVEMBER

- 2-3: ADA Fall Fiesta, Location: WestWorld of Scottsdale, AZ. Judges: Janet Curtis 'S', Debbie Rodsriguez 'S'. Manager: Jay Chabucos JayChabucos@gmail.com, Secretary: Sue Plasman s.plasman@azdres/sage.org.
- 11: ADA Regular Meeting 6:30PM, Location TBD. Contact <u>enews@</u> azdressage.org for details.
- 16-17: TDC Fall Festival I & II & AZ State Championships, Location: Pima County Fairgrounds, Tucson, AZ. Judges: TBD

DECEMBER

- 7: ADA Schooling Show, Location Bar A Ranch. Judge: Cynthia Ganem, L Grad, USEF 'R' western
- 9: ADA Regular Meeting 6:30PM, Location TBD. Contact <u>enews@</u> azdressage.org for details.

ARIZONA DRESSAGE ASSOCIATION



PO Box 31602 Phoenix, AZ 85046-1602