



# *The Centerline*

[www.azdressage.org](http://www.azdressage.org)

Vol. 19, Issue 12

December 2019

## LEARNING BIOMECHANICS IN MY CLINICS WITH HEATHER BLITZ

**By Rebecca Lindy**

Over the last 3 years, I have had the opportunity to clinic with International Grand Prix Dressage competitor, trainer and clinician Heather Blitz. She was the United States alternate for the 2012 Olympic Games with her gelding, Paragon. In 2011, the pair won team gold and individual silver medals at the Pan American Games in Guadalajara, Mexico. She is most recently experiencing much success with her current mount Semper Fidelis. Heather also holds a B.S. in equine science from Colorado State University and lives in Wellington, Florida.

Heather has worked extensively with Mary Wanless, an internationally renowned coach, and they have often taught clinics together over the years. Mary's strength is teaching biomechanics for the rider. So it's no wonder that Heather's first area of focus for her clinic students tends to be their own biomechanics, setting the student up for a more successful ride and better relationship with her horse.

Heather's style is very approachable, creating a dialogue with the rider from the onset. She typically starts off asking questions about what you and your horse have been working on, what successes and what issues have come up. She usually intently studies the horse and rider going through the gaits for several minutes at the beginning of the clinic and throughout, noting the rider's position and how it works with or against the horse.

Some of Heather's guidance may not be consistent with the teachings of other well-known trainers and riders; her philosophy may even contradict them. I have found though, that every time I ride with her, I gain a deeper understanding and a better application of the technique, leading to continued improvement and personal bests.

Here are some things I've learned from her about biomechanics:

- It starts with a neutral spine that is optimal for a rider's own balance and suppleness. A spine in neutral has a natural inward curve in the lumbar region and a natural outward curve in the thoracic region
- Engage your core, pressing your seat into the saddle, your medicine ball low
- Sit on pubic bones - flashlights (the pubic bones) down

*Continued on page 2*

- If you fell off, you should land balanced; therefore, your knee is slightly bent and you have a slight forward pressure to your upper body
- Weight on the inside of your thighs, almost as if kneeling
- Weight distributed 60% thigh, 30% seat, 10% balls of feet
- Plow with lower leg and feet as if skiing, keeping lower legs ready, but not aiding until needed
- Imagine there are two walls, one in front to push your upper body into and another in front of your hands to push into. These walls can give the sense of isometric strength

Heather has been wonderful as a clinician. I look forward to more opportunities to work with her and feel fortunate to have her experience brought to Arizona through the assistance of Lyssa O'Riley in Scottsdale.



**The author with Heather Blitz**



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# ARIZONA DRESSAGE ASSOCIATION

## Regular Meeting October 2019 Minutes



Arizona Dressage Association  
October 2019 Annual Board Meeting Minutes  
www.azdressage.org

Date: Monday, October 14th, 2019

Time: 6:30 PM: Meeting was called to order by Tania Radda at 6:34 pm.

Location: NPX Restaurant 4717 E Bell Rd, Phoenix, AZ 85032- 602-788-7134

### Roll Call/ Introductions/Establish Quorum

1. Directors In Attendance: Cynthia Ganem, Kathy Smith, Michell Combs, Tania Radda, Nicole Zoet-Oostermeyer.
2. Directors Not In Attendance: Maeike Zoet, Susan Skripac, Sarah Lindsten
3. Alternate Directors: none
4. Members of Local Chapters: none

### Officers' Reports:

5. Secretary's Report/Approval of Minutes – Kathy Smith: Minutes were accepted to be published.
6. Treasurer's and Finance Report/Approval - Cynthia Ganem: Please send us the report so we can include it.
7. 1st VP - Recognized Shows Report– Kathy Smith: 2020 Spring Show is officially organized with the addition of Western dressage on Sunday. 2019 November show has 100 entrees as of today, the sign-up date will be extended again resulting in significantly more competitors. There will be a Halloween Costume Class for members as well as a Competitor's Mixer in Arena 5. The goal is to offer some kind of educational demonstration in the Spring Shows together with a Mixer, and a Halloween Costume Class in the Fall shows followed by a Mixer. To make these a tradition at each show and use the Arena 5 Ramada for the Mixer.
8. 2nd VP – Michell Combs: great experience at members only schooling show

### Standing Committee Reports:

9. Equipment Committee Report – Kathy Smith: No report.
10. Membership Committee Report – Michell Combs: ADA Membership Report As of 01-Oct-2019  
311 ADA/GMO Members in 2019. 50 New Members in 2019: 46 Adults + 4 Junior/Young  
238 Members Renewed in 2019: 229 Adults +9 Junior/Young. 23 Returning Members: 23 Adults no Junior /  
Young Riders. 83 2018 ADA/GMO Members have not renewed for 2019: 70 Adults + 13 Junior/Young Riders.  
Small changes were agreed upon to the membership application sheet for upcoming season.
11. Volunteer Committee – Kathy S./Heather B.: great group of volunteers is available. Updated list will be published in the next Centerline.
12. Awards Committee Report – Maeike Zoet: No report. All awards are ready for the Fall Fiesta Show.
13. Futurity Committee Report –Susan Skripac: 3 futurity horses are nominated to participate in the Futurity Class for the Spring Show in 2020.
14. Schooling Shows Committee Report- Michell Combs: The Members Only show at Westworld was a great success. Competitors found it to be peaceful and they felt very content with the experience. Michell received a thank you from all board members for a job well done, as this was her first time managing a schooling show.
15. Education Committee Report – Sarah Lindsten: no report.
16. Fundraising Committee – Kay Lorenzen: sent Tania Radda a report that listed several donations; funds will be applied during 2019 Fall Fiesta Show. There will be a competitor's mixer.

*Continued on page 5*



## BOARD

President: -----	Tania Radda, 480.235.7654 -----	<a href="mailto:t.radda@azdressage.org">t.radda@azdressage.org</a>
1st VP: -----	Kathy Smith -----	<a href="mailto:ksmith@azdressage.org">ksmith@azdressage.org</a>
2nd VP: -----	Michell Combs -----	<a href="mailto:m.combs@azdressage.org">m.combs@azdressage.org</a>
Secretary: -----	Nicole Zoet-Oostermeyer -----	<a href="mailto:ozranch3@aol.com">ozranch3@aol.com</a>
Treasurer: -----	Cynthia Ganem -----	<a href="mailto:cganem@azdressage.org">cganem@azdressage.org</a>
Trustee of Records: -----	Cynthia Ganem	
Maeike Zoet -----	<a href="mailto:m-zoet@yahoo.com">m-zoet@yahoo.com</a>	
Susan Skripic -----		
Betty Drake -----	<a href="mailto:b.drake@azdressage.org">b.drake@azdressage.org</a>	
Sarah Lindsten -----	<a href="mailto:s.lindsten@azdressage.org">s.lindsten@azdressage.org</a>	
Rachel Taylor -----		
Natalie Eikel-Baughman -----		
Alternate Directors: -----		

## COMMITTEES

Awards: -----	Maeike Zoet-Javins -----	<a href="mailto:m-zoet@yahoo.com">m-zoet@yahoo.com</a>
Centerline Editor: -----	Beth Martinec -----	<a href="mailto:centerline@azdressage.org">centerline@azdressage.org</a>
Webmaster: -----	Sue Leutwyler -----	<a href="mailto:webmaster@azdressage.org">webmaster@azdressage.org</a>
Education: -----	Sarah Lindsten	
Finance: -----	Cynthia Ganem	
Fundraising: -----	Kay Lorenzen	
Futurity: -----	Susan Skripac	
Juniors/Young Riders: -----	Bobbie Lynn McKee -----	<a href="mailto:b.mckee@azdressage.org">b.mckee@azdressage.org</a>
Membership: -----	Michell Combs	
Nominating: -----	Rachel Taylor	
Volunteers: -----	Heather Bilodeau	
Scholarship: -----	Ann Damiano -----	<a href="mailto:a.damiano@azdressage.org">a.damiano@azdressage.org</a>
Recognized Shows: -----	Kathy Smith	
Rules: -----	Betty Drake	
Scores Compilation: -----		

## NAC

President: -----	Kristen Kuzmanic
Vice President: -----	Kay Laake
Treasurer: -----	Anne Callahan
Secretary/Web/Facebook: -----	Marlena Obrzut
Secretary/Designer: -----	Jackie McKinney-Rodrigues
Directors: Jennifer Bryan, Meg Goodyear, Traci Zenner	

### ADA BOARD ATTORNEY:

Wendy Riddell -----	<a href="mailto:w.riddell@azdressage.org">w.riddell@azdressage.org</a>
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## Earn Volunteer/Service Hours Contribute to The Centerline Today!

### Barn Tips:

Submit your innovative, imaginative and useful barn tips to Meredith Watters at [watters4@cox.net](mailto:watters4@cox.net)

### Letters to the Editor:

If you have comments, suggestions, or wish to express opinions relating to the sport of dressage, submit your letter for consideration to [centerline@azdressage.org](mailto:centerline@azdressage.org)

### Clinic Reviews:

Review a clinic you attended describing the training and what you learned from the clinician. Send submissions to [centerline@azdressage.org](mailto:centerline@azdressage.org)

### Barn News :

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](mailto:centerline@azdressage.org)

### Nuggets:

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 [centerline@azdressage.org](mailto:centerline@azdressage.org)

### Member Submitted Articles:

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](mailto:centerline@azdressage.org). If the photo is a riding photo, a helmet for photo is required.

### **\*\*Product Endorsements/Advertising\*\***

In most cases, products and services are considered paid advertising. Occasionally a specific product will be named as to how it benefits the horse or rider, but this is discouraged. Press Releases are welcome. Likewise, articles that are negative in nature concerning a particular product will not be considered for publication.

**New Business:**

17. Schooling Show Awards.
18. Costume Class at the Fall Fiesta Show will be held at 5:30 pm as well as a competitor's mixer on Saturday, an open bar will be present, participants will receive up to 2 tickets each for alcoholic beverage(s).
19. Call to Members – Members may be recognized by the Presiding Officer and may then address the Board regarding issues of concern to the Association. The Presiding Officer has the right to limit the amount of time that each Member has to address the Board.
20. The theme for the Fun in February show 2020 will be Mardi Gras/Venetian Carnival – costume class.
21. Board will consider having small r-judges for the lower levels during 2020 Fun in February show and Flagstaff shows.
22. Board would like to include Caprilli tests in the prize list in order to attract Eventing competitors and young riders. Next to Costume classes, Caprilli will add fun during dressage test riding.  
The idea was born to organize a symposium for the membership in combination with the ADA annual General Membership Meeting during the month of March 2020.
23. Next meeting – November 18th, 2019 at NPX Restaurant 4717 E Bell Rd, Phoenix, AZ 85032- 602-788-7134
24. Adjournment at 8:16 pm.

## NAC 2019 VOLUNTEER HOURS

**If your hours are listed incorrectly or your name is missing from this list, please contact your volunteer coordinator so that this information can be corrected and you are eligible for year end awards.**

Margo Evans	8 hours
Chris Fonoti	9 hours
Christa Barro	8 hours
Lyn Kazan	9 hours
Jackie McKinney (for Jerry Wilhite)	9 hours
Vonnie (LaVonne) Jacobsen	4 hours
Heather McCafferty	6 hours
Anne Callahan	50 hours
Kay Laake	62 hours
Traci Zenner	62 hours
Randi Wagner	12 hours
Raelene Paris	8 hours
Sharon Patrone	4 hours

**Arizona Dressage Enthusiasts**  
**Please support your local dressage**  
**organization that offers you**  
**Education \* Shows \* Friendships**

**Early Renewal starts today!**

**2019 membership expires November 30**

**Dues for 2020 are \$50**

**due to USDF increase**

**RENEW YOUR ADA MEMBERSHIP TODAY!**

**Go Online and Renew <https://azdressage.org/2020-ada-membership-application/>**

**CHECK OUT ADA ON FACEBOOK TO KEEP IN TOUCH**





## PRIMARY / INDIVIDUAL MEMBER INFORMATION

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

Current USDF # \_\_\_\_\_ (If Applicable)

**Use this Form for Payment by Check ONLY - For Payment by Credit Card, Join Online at [www.azdressage.org](http://www.azdressage.org).**

Name (print clearly) \_\_\_\_\_ Date of Birth (\_\_\_\_/\_\_\_\_/\_\_\_\_)

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

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

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

Signature (required) \_\_\_\_\_ Date \_\_\_\_\_

**JUNIOR /YOUNG RIDER MEMBERSHIP:** (one vote) Date of Birth (\_\_\_\_/\_\_\_\_/\_\_\_\_) (under age 22 by December 1, 2020)

**FAMILY MEMBERSHIP:** Only the PRIMARY / INDIVIDUAL MEMBER gets one ADA vote. All memberships eligible for ADA Awards. Every ADA FAMILY MEMBER gets a USDF Group Membership with the additional fee. Some USDF Restrictions May Apply.

Primary Family Member Name (if different than above) \_\_\_\_\_ Date of Birth (\_\_\_\_/\_\_\_\_/\_\_\_\_)

Supporting Family Member #1 Name \_\_\_\_\_ Date of Birth (\_\_\_\_/\_\_\_\_/\_\_\_\_)

Supporting Family Member #2 Name \_\_\_\_\_ Date of Birth (\_\_\_\_/\_\_\_\_/\_\_\_\_)

Individual Membership.....\$50.00

☐ AA ☐ JR/YR ☐ Open

Primary Family Membership.....\$50.00

☐ AA ☐ JR/YR ☐ Open

Each Supporting Family member .....\$28.00

#1 ☐ AA ☐ JR/YR ☐ Open

#2 ☐ AA ☐ JR/YR ☐ Open

☐ Hard Copy Newsletter (optional).....\$ 27.00

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

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

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

**ADA is a 501(c)(3) not-for-profit Organization**

**Your generous donations help fund ADA Scholarships and Travel Grants for educational opportunities!**

**TOTAL enclosed \$ \_\_\_\_\_**

Make checks payable to: "ADA"

\*Mail to: **Michell Combs**

8877 N 107th Ave, Suite 302-238

Peoria, AZ 85345

Or Scan/Email to: [Membership@azdressage.org](mailto:Membership@azdressage.org)

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

## HELP WANTED

ADA is a Volunteer Organization.

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

Visit [www.azdressage.org/volunteer/](http://www.azdressage.org/volunteer/) for details.

Contact [ksmith@azdressage.org](mailto:ksmith@azdressage.org)  
if you can help us out!

or

☐ Volunteer Donation (optional).....\$ 50.00

or

*These are some areas we can use your help!*

Horse Shows

Clinic Activities

Board Member

Selection Committees

Fundraising

Public Relations

Newsletter

Membership

Annual Awards

Provide Arena

Provide Event Venue

Hospitality (home)

# RIGHT-OF-WAY RULES

1. In general, riders should pass left shoulder to left shoulder.
2. Remain on the second track when working at the walk.
3. Announce, in a loud voice, when you are entering and exiting the arena.
4. Keep at least one horse's length between you and another horse.
5. Don't ride up the tail of any horse. Turn across the arena.
6. Use the second and third tracks. The most used part of the ring is the track—the outermost path around the ring going in to each corner. When many horses are utilizing the same space, it may be necessary to use the second and third tracks. The second track is just to the inside of the outer track, leaving just enough space to pass between you and the rail. The third track is two meters (6 ½ feet) from the rail and allows even more room for horses to safely pass you on the outside.
7. When riding a circle, look in the direction you are going and ride on the second track. This allows other riders to pass you on the outside and not cut through your circle. If you doubt that another rider is aware you are circling, you may call out "circle," to let others know your intentions before moving to the second or third track.
8. Faster horses or horses traveling at a faster gait should avoid getting too close behind other horses. This can be achieved by circling or utilizing ring figures such as a half-diagonal, serpentine or turning across the B-E line.
9. In a lesson situation, the person under instruction should have the right-of-way. Other riders in the arena can be listening to the instructor and anticipating where the horse and rider in the lesson will be going next.
10. Green horses and beginner riders should be given more space by more experienced riders, who also should keep an eye out for the possible out-of-control moments that green horses and riders may experience.
11. Upper-level horses can be intimidating to a lower-level rider as they come across the diagonals. However, the basic patterns they follow are the same as at the lower levels. They should be treated as any horse and rider would be. By making eye contact, you can avoid potential collisions.
12. The use of voice is another tool to gain the attention of focused riders and to let them know where you are planning to go.

These rules are a good starting point for approaching a ring full of horses. However, there are many situations that call for deviations from the basic rules. If a 3-year-old horse has an explosive moment and comes leaping across the diagonal while you are pleasantly trying to leg yield on a line that has now turned into a collision course with a spring-loaded youngster, you need to stay out of the way. Riding requires tact, timing and coordination with your horse as well as the other riders in the arena.

*This article first appeared in the November 2004 issue of Dressage Today.*

*Beth Beukema is president of the Intercollegiate Dressage Association, a U.S. Dressage Federation (USDF) bronze and silver medalist and a U.S. Equestrian Federation (USEF) dressage "R" judge. She is associate professor of equine studies at Johnson & Wales University and directs its Center for Equine Studies in Rehoboth, Massachusetts.*



# Are you in need of volunteer hours? Our website has the information you need!

## **HOW TO VOLUNTEER**

- Contact the Show or Event Manager of the show/event where you wish to volunteer. Volunteer sign ups available online or directly with the individual Event coordinator (see ADA website for details). Whether you like to scribe, ring steward, run tests, work in the office, or do special projects, the ADA provides many opportunities to volunteer!

## **HOW IT WORKS**

- The ADA event coordinator will track your volunteer hours and submit them to the Volunteer Tracking Coordinator (currently Lori Hanes) ([volunteer.tracking@azdressage.org](mailto:volunteer.tracking@azdressage.org)), who compiles the ADA Volunteer Database. Please track your own hours as well in case there is a discrepancy. Periodic updates will be published on the ADA website and in the Centerline newsletter so you can check your hours throughout the year.
- Watch the ADA's Facebook page and Centerline newsletter for the latest volunteer hours completed lists or check with the Volunteer Tracking Coordinator directly at [volunteer.tracking@azdressage.org](mailto:volunteer.tracking@azdressage.org)

## **HOW YOU CAN HELP**


- Volunteer service can be accomplished by you or your designated surrogate (who does not have to be an ADA member) in a variety of ways:
  - 1) ADA Shows: Schooling & Recognized – (Hours Served) – See specific job descriptions below.
    - Runner
    - Scribe
    - Scorer
    - Ring Steward
    - Help Staff our Volunteer Table
    - Staff our Show Awards Table
    - Show Set up
  - 2) ADA Board (LOTS of hours!)
    - Help Serve on an ADA Committee (Hours served)
  - 3) ADA Clinics/Lectures/Seminars
    - Audio Set up/take down (1 hour)
    - Provide lunches at an ADA event (2 hours)
    - Provide host venue for an ADA event (TOO MANY hours to count!)

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# HORSESHOE SPRINGS




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# December 2019 Region 5 Message

The seventh annual USDF National Championships in Kentucky was another well attended year and a great competition. It was fantastic to see our Region 5 competitors in attendance – there were 14 riders from our Region – 7 from Arizona and 7 from Colorado. We once again presented the Veronica Holt Perpetual Trophy for the Grand Prix Open Championships to James Koford and Adiah HP, owned by Sherry Koella. This is a wonderful and unique mare who is part Friesian and a red pinto. They are a crowd favorite and always fun to watch.

Congratulations to all who competed, supported competitors, owned horses, trained rider – we're so proud of everyone. You represented us well and we look forward to even more of our Region 5 folks competing next year. Please don't forget there is travel grant money available for the competition!

The USDF convention will take place at the beginning of December in Savannah, Georgia and it will be a very interesting convention. I will write more about it in our January update. Thank you to everyone who is attending, from the convention attendees to our banquet honorees. Next year we travel to Omaha, Nebraska and we will know 2021 shortly.

There are some changes coming up for the 2020 Breeders Championship Series, effective January 1, 2020:

- Series have been condensed and reformatted to total nine individual series within the program. Some of the series names have also changed from previous years. This affects Region 5 with the new map, so please pay attention closely.
- Horses will no longer be required to attend the series final of the series in which they qualify. While horses may still attend one series final competition, it can be the series final competition of choice.
- The qualifying score to compete in an in-hand USDF Breeders Championship Series Final class has been changed to 75%.

US Equestrian is pleased to announce that the Great Lakes Equestrian Festival (GLEF) at Flintfields Horse Park in Traverse City, Mich., has been selected as the host venue for the 2020-2022 Adequan®/FEI North American Youth Championships (NAYC) for the disciplines of dressage and jumping, pending final approval from the Fédération Equestre Internationale (FEI). Competition is scheduled to run from August 4-9, 2020. This is great news for Region 5 as it brings the competition much closer to home.

Bids will be opening soon for hosting the 2021 Great American USDF Region 5 Championships. I'd love to hear from any interested parties as soon as possible so I can get you a list of the information we're going to need for those bids. All Regional Championships will continue to be held by October 20th since the Champions and Reserve Champions of the Adult Amateur and Open divisions will feed into the Nationals Championships through the nomination process. There are also wild card spots for those who obtain high enough scores in the Championship classes. Don't forget, Juniors and Young Riders can compete in the US Dressage Finals if they qualify out of the Open Division at the Regional Championships, though this is one topic that is also up for consideration at the Convention this year most likely as well!

I hope everyone has a great Holiday Season!

Till next month!  
Heather Petersen

Region 5 Director

## ARIZONA DRESSAGE ASSOCIATION HORSE NOMINATION FORM

### 2020 Arizona State Dressage Championships

November, 2020 (Exact Dates TBD) – WestWorld of Scottsdale, Scottsdale, AZ

Qualifying period for 2020 State Championships: October 1, 2019 through September 30, 2020

- ❖ \$25 Nomination fee must be received *before* qualifying scores are earned.
- ❖ Once the horse has been nominated it is not necessary to pay additional qualifying fees on entries. NOTE: The “Q” Qualifying fee on the show entry refers to Regional Championship qualifying, not to State Championships. Scores are tracked for State Championships, once the horse has been nominated.
- ❖ You must be a member of an Arizona GMO by August 31, 2020 to ride in the Arizona State Championship Show. *USDF PM Membership is NOT sufficient!*

Horse Name:	
Horse USDF Number	
Horse USEF Number	
Owner Name	
Owner Address	
Owner Email/Phone #	
Owner USDF number	
Owner USEF number	

The Arizona State Championships will be held at the Arizona Dressage Association Fall Fiesta Dressage Show, November, 2020 (Exact Dates TBD) at WestWorld of Scottsdale, Scottsdale, AZ.

For scores to count toward qualification for the State Championships, a \$25 nomination fee must be paid for each horse. ***This fee must be paid before any rides will count toward qualifying.***

Since only one horse/rider combination can compete at State Championships, the fee goes toward the horse. Multiple riders may qualify on the same horse if the nomination fee has been paid for that horse. If multiple riders qualify on the same horse, ***one rider only*** may compete in the State Championship classes and the concurrent Fall Fiesta show. See State Championship Rule 5.

There are two ways to file your Nomination Form:

1. Send the nomination with a \$25 check, payable to Arizona Dressage Association “ADA” to the address listed below.
2. Include the nomination and check, payable to ADA, with your show entry to any Recognized show in Arizona-- ADA, Tucson Dressage Club (TDC), Road Runner, or CARA Champagne Dressage Show.

Check the current Arizona Dressage Omnibus or ADA and TDC websites for complete State Championship rules. Updates will also be posted on these websites, if required: ADA: [www.azdressage.org](http://www.azdressage.org); TDC: [www.tucsondressageclub.org](http://www.tucsondressageclub.org).

Please make \$25 check payable to “ADA” and send to:

Sue Plasman  
2582 Jennifer Drive  
Live Oak, CA 95953

# ARIZONA DRESSAGE ASSOCIATION

## Regular Meeting September 2019 Minutes



Date: Monday, September 9th, 2019

Time: 6:30 PM -> meeting called to order by Tania Radda at 6:40 PM.

Location: NPX Restaurant, 4717 E Bell Rd, Phoenix, AZ 85032.

### Roll Call/ Introductions/Establish Quorum

1. Directors in Attendance: Tania Radda, Cynthia Ganem, Kathy Smith, Maeike Zoet
2. Directors Not in Attendance: Michell Combs, Sarah Lindsten, Nicole Zoet, Susan Skripac
3. Members of Local Chapters: none.

### Officers' Reports:

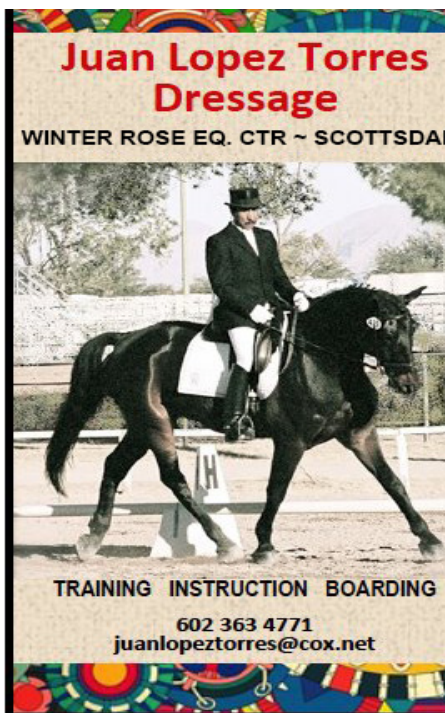
5. Secretary's Report/Approval of Minutes – Quorum not met.
6. Treasurer's and Finance Report/Approval – Quorum not met.
7. 1st VP -Recognized Shows Report– Kathy Smith- Discussion on partnering up with TDC for Regional Championships in 2021. Licensing shows for 2020. Preparations for Fall Fiesta in November.
8. 2nd VP -Schooling Shows Report – Michell Combs. Volunteers have been assigned for the Annual ADA Members Only Schooling Show at Westworld. Ride times are scheduled, and we expect a strong show.

### Standing Committee Reports:

9. Equipment Committee Report –nothing to report
10. Vendor Committee – There are two vendors signed up for the Fall Fiesta Show. Greenway Saddlery will not be able to attend it this year but will provide ADA with the High Point Awards as Gift Certificates.
11. Volunteer Committee – Kathy Smith. A list with the updated hours for volunteer requirements is being worked on and will be published in the Centerline.
12. Awards Committee Report –Maeike Zoet. Farnam will be our main sponsor for the Fall Fiesta Show. ADA will receive a shipment with several products to be used as awards, as well as to be added to the competitors' packages. Farnam will also sponsor the Wash Rack products for the competitors.
13. Futurity Committee Report –Susan Skripac. As of date there are 4 entries for the Futurity for 2020.
14. Education Committee Report –Sarah Lindsten. No Report.
15. Fundraising Committee –No report. Kay Lorenzen will resume fundraising for the Fall Fiesta Show.

### New Business:

24. Call to Members –Members may be recognized by the Presiding Officer and may then address the Board regarding issues of concern to the Association. The Presiding Officer has the right to limit the amount of time that each Member must address the Board.
26. The Board is seeking new members. We currently need to fill a Nomination Committee Chair, as well as a Vendor's Chair.
25. Next meeting – October 14th, 2019. At NPX Restaurant, 4717 E Bell Rd, Phoenix, AZ 85032.
26. Meeting adjourned by Tania Radda at 7:45 PM.





- 4) Newsletter/Centerline submissions:
  - Submit Barn News (1/2 Hour)
  - Submit Training Nugget (1/4 Hour)
  - Submit Centerline Article (1-2 hours depending on length)
- 5) Sponsorship/Donations:
  - Show Sponsorship (Show and General funding)\*[1]
  - Volunteer Donation (Volunteer funding)\*\*[2]
- Other contributions or service to the organization may qualify. Please don't hesitate to check with any ADA Board member for details, questions or comments.
- The ADA has a big year ahead, with more hands-on volunteers needed than ever, and your volunteerism makes that rewarding for all of us. We'd love to help you find your perfect volunteer position at any of our upcoming events!
- \*[1] Supports show income/expense; surpluses support ADA educational programs
- \*\*[2] Supports volunteer perks like t-shirts, food/beverages, gift raffles, etc.
- Visit <https://azdressage.org/volunteer/> for more information and show volunteer job descriptions

## Arizona Dressage Association

### Upcoming Shows — Mark Your Calendars

#### Schooling Shows

**Sunday, December 8**

Bar A Ranch

Judge - Cynthia Ganem 'L\*'

'R' Western Dressage

*Closing date Nov 22nd*

**Saturday, January 18, 2020**

Bar A Ranch

Judge - Sarah Lindsten 'L\*'

*Closing date Jan 4th*

**Saturday, March 21, 2020**

Dale Creek Equestrian Village

Judge - Lynn McKinney 'L'

*Closing date March 7th*

#### Recognized Shows

**Fall Fiesta**

**November 2-3**

West World—Scottsdale

**Fun in February**

**Sunday, February 9th**

Dale Creek Equestrian Village

**For:**

**All Schooling Shows**

**Fun in February**

**Western Dressage in the Desert**

*Mail Entries to:*

Cynthia Ganem

1213 E Villa Maria Drive

Phoenix, AZ 85022

[c.ganem@azdressage.org](mailto:c.ganem@azdressage.org)

**For:**

**Fall Fiesta**

**Spring Celebration**

*Mail Entries to:*

Sue Plasman

2582 Jennifer Drive

Live Oak, CA 95953

[splasman@comcast.net](mailto:splasman@comcast.net)



# ADA Schooling Show Entry Form 2019-2020

Arizona Dressage Association is a 501(c)(3) not-for-profit organization

**December 8th (Sunday)** - Bar A Ranch, Scottsdale, AZ (*closing date - November 22nd*) - Judge: Cynthia Ganem 'L' & WD 'R'

**January 18th (Saturday)** - Bar A Ranch, Scottsdale, AZ (*closing date- January 4th*) - Judge: Sarah Lindsten 'L'

**March 21st (Saturday)** - Bar A Ranch, Scottsdale, AZ (*closing date- March 7th*) - Judge: Lynn McKinney 'L'



*If a show is over subscribed, all riders will be included based on entry postmark date, up to the closing date.*

*If there are more entries (all with a closing date postmark) than can be scheduled, priority will be given to ADA members.*

**NO REFUNDS AFTER CLOSING DATE**

**NO CHANGES TO RIDE TIMES AFTER SHOW BEGINS EXCEPT TO FILL SCRATCHES OR "NO SHOWS"**

**Cost:** \$25 per class **Schooling Only:** \$25 per day (not riding in front of the judge) **Day Stall:** Check with the stable owner for availability

**Non Member Fee:** \$15.00 one day fee for non-members for classes or schooling.

**Year End Schooling Show Awards:** A one-time nomination form for EACH horse and rider combination.

**Riding Attire:** Boots or half chaps with a heeled shoe, a shirt with sleeves and an ASTM-SEI certified helmet.

**Rules:** All USEF/USDF rules apply, except for the riding attire. **The certified helmet must be worn at all times while mounted.**

## Show

### CLASSES OFFERED - PLEASE CHECK THE CLASSES YOU WISH TO ENTER

USDF Intro Test ☐ A ☐ B or ☐ C Training Level Test ☐ 1 ☐ 2 ☐ 3 First Level Test ☐ 1 ☐ 2 ☐ 3 Second Level Test ☐ 1 ☐ 2 ☐ 3

### TOC - Test of Choice (Includes All Classes)

Third Level Test ☐ 1 ☐ 2 ☐ 3 Fourth Level Test ☐ 1 ☐ 2 ☐ 3 Intermediare ☐ I ☐ II ☐ A ☐ B Grand Prix ☐ MF - Musical Freestyle ☐

ETOC - Eventer Test of Choice or ATOC- Alternative Dressage (Gaited NWA / Western Dressage) Test \_\_\_\_\_ Level \_\_\_\_\_

## Horse:

Rider \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Owner \_\_\_\_\_

Ride times will be sent to: *Please write clearly*

Email: \_\_\_\_\_

**Waiver of Liability:** By signing this entry form, I acknowledge that I fully understand that there are risk of serious bodily injury, including death, and risk of damage to or loss of personal property. In consideration for me or my child being allowed to enter, participate in and observe, and/or my horse being permitted to be ridden in, the above listed equine activity, I hereby for myself, my child, my heirs, agents and assigns, agree to waive, release and forever discharge any and all claims, rights and causes of action against the facility, its owners, employees, volunteers, the Arizona Dressage Association, its officers, directors, members, agents and volunteers (ADA) for injury or damage caused or alleged to be caused in whole or in part by negligence of ADA or the facility, and I agree to hold ADA or the facility harmless against all claims and causes of action for any alleged or actual injury or damage which I, my child, my agents, or my horse, may cause to any person or property. I voluntarily assume all risks associated with my or my child's or my horse's participation in this activity and with being present on the grounds where this activity is held. I further agree to be bound by the rules under which this activity is conducted.

Note: **ENTRY FORM WILL NOT BE ACCEPTED UNLESS SIGNED AND DATED.**  
**NO REFUNDS AFTER CLOSING DATE**

### PLEASE CHECK DIVISION

☐ JR ☐ AA ☐ OPEN

Entry Fees \_\_\_\_\_

\$15 non-member \_\_\_\_\_

**Total** \_\_\_\_\_

**MAKE CHECKS TO:**

**ADA**

**MAIL ENTRIES TO:**

Cynthia Ganem  
1213 E Villa Maria Drive  
Phoenix, AZ 85022-1222

**FOR INFORMATION CONTACT:**

Cynthia Ganem  
c.ganem@azdressage.org

Rider Signature	Date
Owner/Agent Signature	Date
Parent/Guardian Signature (For Riders under the age of 18)	Date

# ADA Horse & Rider Year End Schooling Show

## High Point Award Nomination

Arizona Dressage Association is a 501(c)(3) not-for-profit organization



Each Horse & Rider combination is a \$10.00 nomination fee.

1. Both the Rider and Horse Owner **be current ADA members** and have paid the \$10.00 fee **before** the start of a show for scores to count toward the year end awards.
2. Each horse/rider/level combination must ride in TWO or more shows and compete in at least TWO classes at each show to have their scores count.
3. Riders may compete in two adjacent levels on the same horse, but the horse must be nominated at each level to be scored toward Year End Awards.
4. Riders may compete on more than one horse, but each horse/rider/level combination must be nominated.
5. A horse may be shown by up to two competitors, but each horse/rider/level combination must be nominated.
6. All scores for Year End Awards are tabulated using the HIGHEST PERCENTAGE SCORE earned by each horse/rider/level combination throughout the show year at each level and in each division.
7. It is the rider's responsibility to notify the ADA Second Vice President of any changes that affect year-end award status.
8. Awards will go to the top four Junior, Adult Amateur and Open Horse/Rider combination at Introductory through Grand Prix Levels.
9. Champion may not be won more than two times by the same horse & rider combination at the same level.

**Award year is from December (current year) through November (following year)**

Horse:

**The horse's name must be entered the SAME way on each entry blank for the scores to count.**

Rider: \_\_\_\_\_

Rider (check one) ☐ JR ☐ AA ☐ OPEN

Street: \_\_\_\_\_

Horse (choose from list below) \_\_\_\_\_

City: \_\_\_\_\_

Intro Training First Second Third Fourth PSG I1 I2 GP

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Today's Date

Email: \_\_\_\_\_

Owner \_\_\_\_\_

Phone: \_\_\_\_\_

**CHECKS PAYABLE TO: 'ADA'**

**MAIL NOMINATION TO:**

Cynthia Ganem  
1213 E Villa Maria Drive  
Phoenix, Arizona 85022

**OR GIVE THE NOMINATION TO:**

The Show Manager

**OR INCLUDE WITH YOUR ENTRY**



**FOR INFORMATION CONTACT:**

Cynthia Ganem  
c.ganem@azdressage.org

Good Luck and THANK YOU  
for your support of the  
ADA Schooling Show Series

## 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.*



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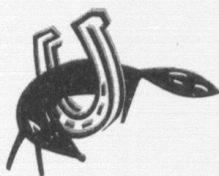
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## USDF Recommended Reading List

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 Müsseler


101 Dressage Exercises for Horse & Rider – Jec Aristotle Ballou

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



**ARIZONA RECOGNIZED DRESSAGE SHOWS  
2020 CALENDAR YEAR / 2020 YEAR END AWARDS**

SHOW	LEVEL	SHOW DATE	OPENING DATE / CLOSING DATE	JUDGES
The Champagne Dressage Show, Queen Creek - HorseShoe Park & Equestrian Center	3	February 7 & 8	December 3 / January 7	Mike Osinski 'S' Lois Yukins 'S'
ADA Fun in February, Litchfield Park - Dale Creek Equestrian Village	1	February 9	December 10 / January 10	Barbara Breen-Gurley 'S'
TDC March Madness I & II Tuscon - Pima County Fairgrounds	3	March 14 & 15		
ADA Spring Celebration Scottsdale - West World	3	April 11 & 12	February 13 / March 15	
Road Runner Dressage Show I Tuscon	2	June 5 - 7	TBD	
Road Runner Dressage Show II Tuscon	2	July 10 - 12	TBD	
ADA Mountain Air & Dressage in the Pines Flagstaff - Fort Tuthill County Park	2	August 15 & 16		



*Julie Sodowsky  
Dressage*

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jsodowsky@cox.net  
602-363-0664

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1/3 Page .....	\$35
¼ Page .....	\$20
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Send to [centerline@azdressage.org](mailto:centerline@azdressage.org).

\$5 for up to 50 words; \$5 per photo; \$5 non-member fee

**Web Site:** The ADA Website is [www.azdressage.org](http://www.azdressage.org).

You may advertise on the site for \$50 per year or \$30 for six months. Non-members please add \$5.

Newsletter Deadline: 20th of the previous month

**Email to:** [centerline@azdressage.org](mailto: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](mailto:centerline@azdressage.org)



## 2020 CALENDAR OF EVENTS

### JANUARY

13: ADA Regular Meeting 6:30PM, Location: TBD. Contact [president@azdressage.org](mailto:president@azdressage.org) for details.

18: January Shooling Show, Location: Bar A Ranch, 8510 E Dynamite Blvd. Judges: Sarah Lindsten 'L'

26: CFF Dressage Schooling Day, Location: Carefree Farms, 36412 N 7th Ave. Contact Laura Borghesani [laura.borghesani@gmail.com](mailto:laura.borghesani@gmail.com) for details.

### FEBRUARY

9: Fun in February, Location: Dale Creek Equestrian Village, Litchfield Park, AZ. Judge: TBD

10: ADA Regular Meeting 6:30PM, Location: TBD. Contact [president@azdressage.org](mailto:president@azdressage.org) for details.

### MARCH

1: CFF Dressage Schooling Day, Location: Carefree Farms, 36412 N 7th Ave. Contact Laura Borghesani [laura.borghesani@gmail.com](mailto:laura.borghesani@gmail.com) for details.

9: ADA Regular Meeting 6:30PM, Location: TBD. Contact [president@azdressage.org](mailto:president@azdressage.org) for details.

14-15: Tuscon March Madness I/II, Location: Pima County Fairgrounds, Tuscon, AZ.

21: March Shooling Show, Location: Bar A Ranch, 8510 E Dynamite Blvd. Judges: Lynn McKinney 'L'

### APRIL

11-12: ADA Spring Celebration, Location WestWorld of Scottsdale, AZ. Judges: TBD

13: ADA Regular Meeting 6:30PM, Location: TBD. Contact [president@azdressage.org](mailto:president@azdressage.org) for details.

### MAY

11: ADA Regular Meeting 6:30PM, Location TBD. Contact [enews@azdressage.org](mailto:enews@azdressage.org) for details.

### JUNE

5-7: Road Runner I; location: Pima County Fairgrounds, Tucson, Judges: TBD; Manager Rosemary Panuco, [Appeals1@aol.com](mailto:Appeals1@aol.com)

8: ADA Regular Meeting 6:30PM, Location: TBD. Contact [president@azdressage.org](mailto:president@azdressage.org) for details.

### JULY

10-12: Road Runner Dressage Show II; location: Pima County Fairgrounds, Tucson, Judges: TBD;

13: ADA Regular Meeting 6:30PM, Location TBD. Contact [enews@azdressage.org](mailto:enews@azdressage.org) for details.

### AUGUST

4-9: Adequan/FEI North American Youth Championships (NAYC), Location: Flintfields Horse Park, Williamsburg, Michigan

10: ADA Regular Meeting 6:30PM, Location TBD. Contact [enews@azdressage.org](mailto:enews@azdressage.org) for details.

15-16: ADA Mountain Air & Dressage in tthe Pines; location: Fort Tuthill County Park, Flagstaff, Judges: TBD

18-23: USEF Dressage Festival of Champions, Location: Lamplight Equestrian Center, Wayne, Illinois

### SEPTEMBER

24-27: Region 5 USDF/GAIG Regional Championships, Location: Colorado Horse Park, Parker, Colorado

### OCTOBER

12: ADA Regular Meeting 6:30PM, Location TBD. Contact [enews@azdressage.org](mailto:enews@azdressage.org) for details.

### NOVEMBER

9: ADA Regular Meeting 6:30PM, Location TBD. Contact [enews@azdressage.org](mailto:enews@azdressage.org) for details.



## ARIZONA DRESSAGE ASSOCIATION

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