



www.azdressage.org

Vol. 20, Issue 10

October 2020

October 5th, 2020 Board Meeting Minutes

Date: Monday, October 5th, 2020

Time: Meeting was called to order By Tania Radda at 6:04p.m.

Location: Via Zoom - due to COVID-19

Meeting Guests: None

Roll Call/ Introductions/Establish Quorum

1. Directors in Attendance: Maeike Zoet, Tania Radda, Susan Skripac, Cynthia Ganem, Michell Combs, Jane Puckett and Nicole Zoet-Oostermeyer
2. Directors Not in Attendance: Kathy Smith
3. Alternate Directors: None
4. Members of Local Chapters: None

Officers' Reports:

5. Secretary's Report/Approval of Minutes – Kathy Smith: no report
6. Treasurer's and Finance Report/Approval - Cynthia Ganem: Operating Account \$ 33,554.18, Debit Account \$ 6,317.64, Reserve Account \$ 11,687.48 more to reach our goal to cover catastrophic losses, Pantano CD \$ 11,723.78, Cash \$ 1,378.00, Total Assets \$ 131,286.12
7. 1st VP - Recognized Shows Report– Kathy Smith: 2021 Fun in February is licensed, 2021 spring Celebration is licensed and scheduled. The Western Dressage Show will take place on the Friday of the Spring Celebration Show and be run as a separate show.
8. 2nd VP – Michell Combs: no Schooling Show Report – ADA Members Only Show was a success. It was well attended, and members had the opportunity to show their horses at the Westworld venue. The Schooling Show Committee is considering adding one more schooling show in the Fall, and it is currently looking for a venue.

Standing Committee Reports:

9. Membership Committee Report – Michell Combs – 313 Members 2020 ADA/GMO Members. 45 New members in 2020, 42 adults and 3 JR/YR. 247 Members renewed in 2020. 237 Adults and 10 JR/YR, 21 Returning Members, 19 adults and 2JR/YR. 68 2019 ADA/GMO members did not renew for 2020. 64 adults and 4 JR/YR.
10. Awards Committee Report – Maeike Zoet. Ribbons for: 2020 Fall Fiesta, 2020 AZ state Championship and Futurity will be ordered. Coolers are on order for Futurity. Saddle Pads are on order for State Champions. There will be High Point Awards for Open Show-Fall Fiesta. There will be no first place prizes for classes due to COVID-

BOARD

President: ----- Tania Radda,
480.235.7654 ----- t.radda@azdressage.org
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Treasurer & Trustee of Records: Cynthia Ganem
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Susan Skipric -----
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COMMITTEES

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NAC

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ADA BOARD ATTORNEY:

Wendy Riddell ----- w.riddell@azdressage.org



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Barn Tips:

Submit your innovative, imaginative and useful barn tips to Meredith Watters at 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

Clinic Reviews:

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

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

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. 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.

19-to minimize handling of awards. The mailing out of the remaining 2019 Year End awards is in the works

11. Futurity Committee Report –Susan Skripac. For 2020 Futurity we have 7 competitors where 3 are Adult Amateurs and 4 are Open riders. For 2021 – We have 2 competitors entered.

12. Education Committee Report – Jane Puckett. Jane is working on an educational program proposal with COVID-19 in mind.

13. Fundraising Committee – Kay Lorenzen. Fundraising campaign is in the works, Kay is finding sponsorships.


New Business:

14. Discuss educational programs for 2021 and start building a schedule for the year. Proposal was formed to have an event in April and October that addresses Fun with dressage for Youth members and an Adult Amateur Event with participation of eventual Youth riders.

15. 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.


16. Next meeting – on Zoom November 9th at 6 pm. Members interested in attending the Zoom meeting. Please contact Tania Radda at taniaradda.ada@gmail.com for access code. Meeting is limited to 3 guests. First come first served basis.

17. Adjournment at 7.14 pm Maeike Zoet motioned to adjourn the meeting, Cynthia Ganem seconded it.



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THE ART OF LONGEING

by Dr. Michael H Riegger

There IS a science to longe line work...many benefits and some dangers,as well.

A major benefit from longeing your horse is the basic training it gives him, no matter what discipline you prefer. This is especially true for dressage. One can practice transitions, set tempo, and rhythm, all while adhering to Wolff's Law, nurturing his physical and mental development.

The veterinarians' reason for longeing is to examine a horse's footfalls which can help identify issues that may be of concern. Any variations in the footfalls can identify issues associated with straightness, foot pain, back pain, tendons, hip and joint problems. A big clue for Wobbler and neurological problems is the "fishtail" movement of the rear.

Let's first discuss the daily routine and then we'll get a veterinarian's perspective

Real Life: My undefeated endurance horse had all his basic foundation work completed on the longe line. It got boring for me, but I could easily monitor his breathing, heart rate, core body temperature and strength development before I ever mounted. As time passed,I could track muscle oxygenation and stressor enzyme systems with specific speeds and work time.

The Circle: Sixty feet seems to be the desired round corral size and I suggest perimeter banking, as seen in car race tracks. Banking is essential to preventing strain to the joints, tendons and soft tissues. Nice footing is important and even some imperfect footing is good to challenge the horse to develop his entire skeletal and mental systems. (See Wolff's Law from previous ADA papers.)

The Warm Up: A nice polite longe warm up is essential and 10 to 20 minutes on a longe line can be split into equal clockwise and counter-clockwise work. The warm up is especially important for those individuals who spend 23 hours per day in a small 12' x 12' or similar stall.

Free for all: A Wild and crazy blast around the round corral might be fun to watch but there is danger to the horse as the tight circle and high speeds challenge his tendons, ligaments, muscles and cartilage surfaces. A free for all with untethered running, playful, and energy releasing kicking and bucking is safest in a 100' x 200' arena. A Safe Free for all ? Perhaps longeing with only a longe halter or basic halter without snaffle or surcingle is ok. With minimal tack the horse will learn to be out for a joy run but when tacked up he will know it is "pay attention" time. When fully tacked up the "working" horse must learn to be disciplined and attentive to the longeur.

Tack: Many tools, halters, and tactics are championed by a wide assortment of professionals. My personal favorites are a head stall with a mild snaffle and a surcingle with multiple rings. The bit can be attached to the surcingle with "balancing" side reins. The cotton longe line should enter the inside snaffle ring and go up over the pole to the outside snaffle ring. The Side Rein Concept: Assorted rigging tactics are used for different disciplines. For dressage, straight side reins can be used as can balancing side reins. The balancing side reins are excellent for encouraging the dressage athlete to stretch down and "into the sand".

Adjustment: The training aids that place the horse's head a couple inches in front of the vertical is desirable. As the horse goes through a routine the balancing side reins encourage stretching, straightness, and strengthening of the back. This will improve the over all general condition of the horse.

Face the butt: Yes, the dressage horse is to move back to front. FORWARD. SO, face the buttocks and with the longe whip tap the rear end so that it reaches up to the head and shoulders.

Verbal cues: Body language signals are permissible and encouraged. These additions to the training of the beginning horse can be weaned off over time but in the beginning the learning curve is enhanced with verbal cues. Your body language cues are also helpful for your horse.

Half Halts: Use the longe line like a "rein" with give, take, and half halts. It is pretty easy for you to practice the needed repetitions on a longe line. A nice leather surcingle with a tail crouper is my personal favorite with the simple and yet mild snaffle. A light weight cotton line with riding gloves on your hands are essential. Hold the cotton line as you would

Continued on page 6

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the reins and with similar light contact.

Transitions: Teach the transitions for the working trot, walk and canter on the long line. Variations of tempo within the rhythm is good. For a horse that has trouble with a canter depart to the left, for example, the trot-canter-trot-canter transitions strengthens the reluctant (weak?) right rear

While you are at it: Freedom of the head and neck is important. We want to see the neck straight out from between the shoulders. Minimize bending and flexing. With no rider, it is easier to get the basics started. If the horse cannot do it on the long line he probably cannot do it with a rider up on his back.

Shoulder Fore: Use the long line to teach the first steps toward moving straight — the Shoulder Fore. Tap tap tap the buttocks.

Changing Conditions: Water, sloppy, rain, snow. Horses really must learn to control and manage their feet, body and balance in all sorts of weather and footing. A horse can be introduced gently to these conditions in a round corral but use only the snaffle and long line, giving your horse the freedom to adjust.

The Veterinarians Perspective

The trained individual horse: A nicely trained long line horse makes it easy for the veterinarian when assessing a lame horse and also when doing a PrePurchase examination.

Swinging Leg versus Supporting Leg Lameness: Generally speaking, soundness can be grouped into these two areas. By using the long line we can look for these two issues. A sore foot with an early abscess will show up when your horse avoids putting weight on that foot. This is the definition of supporting leg lameness. Swinging leg lameness is when the horse is reluctant to flex and or extend his shoulder, usually because of shoulder bicipital tendon tenderness. The early navicular horse moves like one with swinging leg lameness.

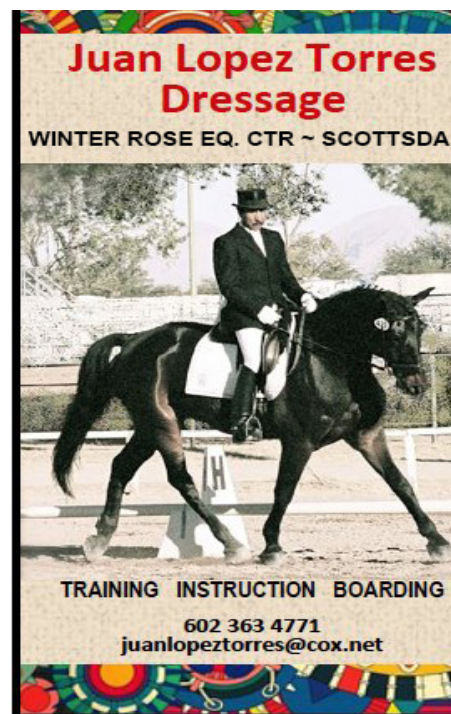
Lameness: A bob of the head or variations in the hip movement can be early clues to lameness issues. Daily or regular longeing can be boring, but as you watch your horse's movement you will become aware of changes which can provide important clues and early detection of any problems. Watch the horse's movement against the fixed rail of the round corral as subtitles become more obvious.

Footfalls: Keeping a close eye on a horse's footfalls and subsequent variations can also provide important soundness clues. Some of these variations can be physical issues - like stiffness associated with a stiff or soft side. Other motion changes can be detected by the footfall variations.

Straight or Fish Tailing: We can assess the neuromuscular coordination of a horse by longeing in a large circle and then by bringing the circle slowly down a meter per circle. Clearly, a Wobbler will fish tail. When tactfully longeing a polite and listening horse on harder surfaces will show some motion variations as they will be magnified.

Physical therapy: Many horses need rehabilitation and a normal program of longeing can be tailored and recommended for each individual recovering horse.

A final message : Is it the horse or the human? Folks ask that a horse be verified to be "sound" when certain "things" are happening. If a horse refuses to take the left lead, is there a medical reason ? Perhaps the right rear has a problem... or is it the human training? Apply the Pareto Rule of 80-20. 80% of the time a horse with resistance has a training issue and not a physical problem!



INVITATION

Do you have a young horse that is just itching to get to the show ring? Nominate that future star now for the ADA Futurity to be held at the Spring Celebration 2021. Link to: <https://azdressage.org/ada-futurity-competition/>



**Please bring: That beautiful youngster (4, 5, or 6 year olds)
RSVP TO: futurity@Azdressage.org**

October Region 5 Message

The USDF convention is just around the corner and it's going to be a whole new experience with our first virtual convention!! Since it is free for all USDF members to attend, I hope that more of you are able to join us. Be sure to check the convention schedule when it is published and attend the Region 5 meeting, along with the Board of Governors and learn more about how your USDF works. The information and schedule will be posted at www.usdf.org/Convention/.

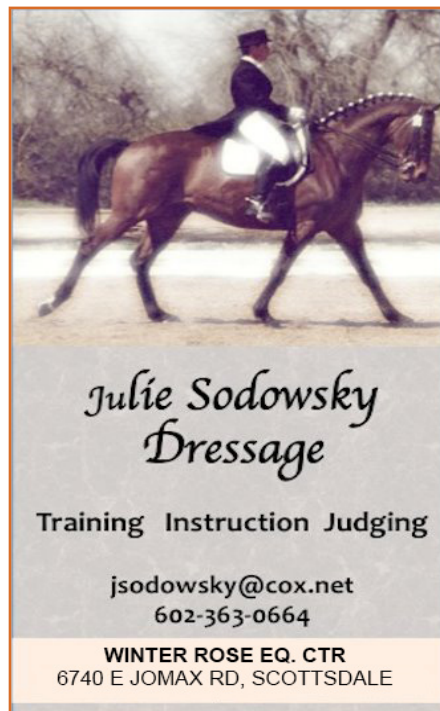
Your Participating Member Delegates to the USDF Convention for 2020 are Joan Clay, Cecilia Cox, Sarah Lindsten, Kay Lorenzen, and Sarah Martin. These ladies will be representing our Region during the voting portions of the Board of Governors meetings, in addition to representatives from each GMO. Please feel free to contact them regarding your viewpoints – their contact information can be found at <https://www.usdf.org/about/about-usdf/governance/nominating/delegates.asp>.

In October, we will have the USDF Region 5 Jr/YR clinic with George Williams at Reverie Farms. Thank you very much to Nancy and Jeff Davis for the donation of your lovely facility for this clinic. Congratulations to the ladies who were selected to ride: Gaylen Davis, Charlotte Dunn, Gabrielle Hibbert, Meghan Kelleghan, Emma Lavin, Nadine Lurz, Elizabeth Petersen, and Olivia Williams. It's great to see more depth forming in our youth for Region 5 again!

As sad as it was to have to cancel the USDF Region 5 Championships and the US Dressage Finals, I hope many of you are starting to plan for next year's shows and championships. They will be held in Santa Fe, New Mexico at HIPICO Santa Fe September 16-19, 2021. We look forward to seeing you there as competitors, volunteers, sponsors and spectators!! Fingers crossed that we have a more normal world next year.

Till next month!
Heather Petersen

Region 5 Director



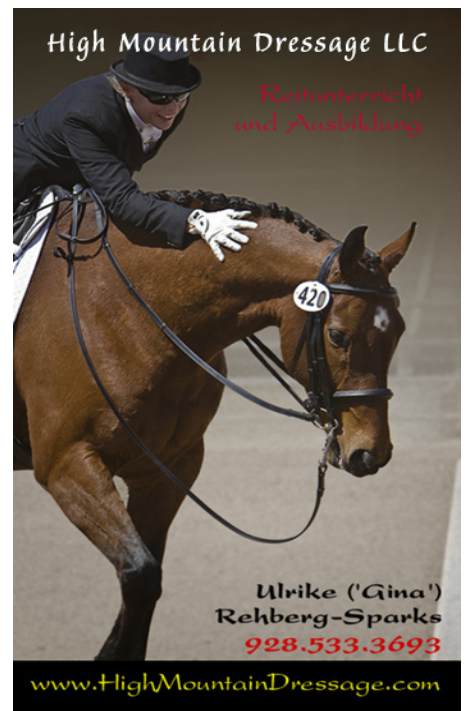
A photograph of a rider in formal dressage attire performing a movement on a dark horse in an outdoor setting.

*Julie Sodowsky
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A photograph of a rider in formal dressage attire performing a movement on a dark horse in an indoor setting.

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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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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. Schusdziaarra (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

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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

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



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2020 CALENDAR OF EVENTS

MARCH

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

9: ADA Regular Meeting 6:30PM, Location: TBD. Contact president@azdressage.org for details.

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

21: ADA March Schooling Show, Location: Dale Creek Equestrian Village. Judges: Lynn McKinney 'L'

APRIL

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

12: Dressage In The Desert, Location: WestWorld of Scottsdale, AZ. Judges: TBD

13: ADA Regular Meeting 6:30PM, Location: TBD. Contact president@azdressage.org for details.

MAY

9: NAC Show, Location: American Ranch, Prescott. Contact Kirsten Kuzmanic KirstenK38@gmail.com 951-440-4615 for details: canceled

11: ADA Regular Meeting 6:00PM, Location TBD. Contact enews@azdressage.org for details.

JUNE

~~POSTPONED~~ Road Runner I, Location: Pima County Fairgrounds, Tucson, Judges: TBD; Manager Rosemary Panuco, Appeals1@aol.com

7: NAC Working Equitation Clinic, Rimrock, Paulden. Contact Kirsten Kuzmanic KirstenK38@gmail.com 951-440-4615 for details.

8: ADA Regular Meeting 6:00PM, Location: TBD. Contact president@azdressage.org for details.

JULY

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

13: ADA Regular Meeting 6:00PM, Location TBD. Contact 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 6:00PM, Location TBD. Contact enews@azdressage.org for details.

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

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

22-23: ADA Summer Show, Location: WestWorld of Scottsdale, AZ. Judges: TBD

29: Roadrunner Summer Show, Location: Pima County Fairgrounds, Tucson

SEPTEMBER

13: Members Only Schooling Show, Location: WestWorld of Scottsdale, Judge: Lois Whittington, L

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

OCTOBER

3: NAC Show, Location: American Ranch, Prescott. Contact Kirsten Kuzmanic KirstenK38@gmail.com 951-440-4615 for details.

12: ADA Regular Meeting 6:00PM, Location TBD. Contact enews@azdressage.org for details.

18: Carefree Farms Dressage Schooling Day. Entry forms and info can be found at www.carefreefarms.net.

31- Nov 1: ADA Fall Fiesta & 2020 AZ State Championships, Location: WestWorld of Scottsdale

NOVEMBER

9: ADA Regular Meeting 6:00PM, Location TBD. Contact enews@azdressage.org for details.

15: Carefree Farms Dressage Schooling Day. Entry forms and info can be found at www.carefreefarms.net.

DECEMBER

5-6: TDC Holiday Festival, Location Pima County Fairgrounds, Tucson. Judges: Sheryl Holecamp and Joan Williams.



ARIZONA DRESSAGE ASSOCIATION

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