



ADA Scholarships & Grants

Each year the ADA awards up to five \$500 educational scholarships for riders in the categories of Open, Jr/Sr, and Adult Amateur. To apply for one of these scholarships, an applicant must meet requirements for membership and volunteerism, and the request must be for a specific activity that promotes dressage education going beyond regular lessons. The scholarship can be used for clinics and training programs offered by recognized and/or certified instructors, as well as USDF and USEF-sponsored programs. The application deadline for these scholarships is February 1st.

ADA also offers several travel grants aimed at helping competitors travel to national championship shows. Awards are given up to \$500 and must be used for competitions outside of Arizona. One specific grant is for riders wishing to compete in the USEF Young Rider Bretna Cup Championships. The application deadline for this grant is March 31st and both the rider and owner of the horse must be ADA members at the time of application.

A simple application form for each scholarship/grant is available online at azdressage.org/scholarships. More information about the requirements can also be found there. Forms can be mailed or emailed to the grant committee as instructed on each form.

These grants are a simple way to help ADA members supplement and advance their training and experience. Take advantage of this opportunity to increase your skills in the coming year!

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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

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.



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It's time to renew your ADA membership for 2021. ADA has an exciting year ahead. Please help our organization through your support and volunteer efforts.

Take advantage of our online renewal at <https://azdressage.org/2021-ada-membership/>

How your renewal dollars will be put to work for you:

- One day recognized show Fun in February which is ADA member inspired
- Competition opportunities for all levels of riders, including schooling shows
- Scholarship opportunities to contribute towards member's Dressage education
- Educational clinics and seminars
- The Centerline, ADA's monthly e-newsletter
- USDF GMO membership (be sure to understand the different membership types if you compete)

Other perks include:

Discounts at ADA events/clinics (auditing and participation fees vary from event to event), at the USDF Store and at USDF events
And so much more!

I hope you see the value of ADA membership and will renew for 2021. Just \$50.00 for an individual membership and you support education provided by both your local and national dressage organizations. If you snail mail the membership form with a check, remember to write my name on the mail envelope so the mail service is kind enough to put it in my box!

"Become a Member" Web Page: <https://azdressage.org/become-member/>

Please note that if you use the 2020 membership form, it will be processed for 2020. That membership year expires November 30, 2020. Only the 2021 membership form will apply to the new membership year.

As you plan your events, give yourself plenty of time for your renewal because we submit roster updates to USDF once a month.

As always and with much appreciation,

Michell Combs, ADA Membership Chair



ARIZONA DRESSAGE ASSOCIATION

2021 Membership Application December 1, 2020 - November 30, 2021

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.

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, 2021)

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 (____/____/____)

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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

*** 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/ for details.

Contact 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)



"To Promote the Advancement of Classical Dressage through Education"

Full Mission Statement at www.azdressage.org

WHAT TO DO WHEN YOU'RE HAVING A REALLY BAD DAY.

KEEP AN ENERGY AUDIT. This is something that is incredibly powerful. When you become aware of what is draining you and what is energising you, you gain control. Continue to implement the things that work and eliminate the things that don't.

DON'T RELY ON MOTIVATION, RELY ON HABITS. Motivation can come on strong and then slowly fade away. Focus instead on building habits. As strong habits will help you through those days when motivation is lacking.

STAY CLEAN. It's easy to eat rubbish, binge on TV, stay in your pyjamas and drink excess alcohol all of which may help you feel better momentarily. But once the dopamine hit is gone and the body responded you will feel 100 x worse. Instead double down on your health and take control of your well being.

FIND THE LESSON IN THE STRUGGLE. Pain and hardship can bring some of the most significant breakthroughs and lessons. Constantly ask yourself; what's the gift wrapped up in this disguise? Seek opportunity in every obstacle.

DELETE THE APPS. They're are literally designed to keep you engaged and consuming for as long as possible. You will be amazed at what happens to your mind when you stop consuming and start thinking freely.

WRITE DOWN YOUR THOUGHTS. Clean the mind by getting it all down on paper. This makes it easier to figure out exactly what's going on and the best way to work through it all.

TAKE A BREAK. We live in a society that's obsessed with go, go, go. If you've been non-stop, you may just need a good old fashion rest. Reconnect with yourself, take care of yourself and focus on building your overall wellness. Mentally and physically.

FUEL YOUR MIND. Audit what you are fueling your mind with and switch it up. Start listening to audio books, podcasts, reading and videos that help you grow. What you surround yourself with, fuels your thoughts and governs your actions. So choose your mind food carefully!



*reprinted with permission from Dressage Rider Training
Nicola Smith, author <https://dressageridertraining.com>*

Recognition of the Proper Shoeing of the Normal Working Horse

by
Michael Riegger*

Reprinted From
IOWA STATE UNIVERSITY VETERINARIAN
Vol. 36, 1974, No. 3

Introduction

Horseshoeing is a vast and complex art and science, and it has many areas which will not be discussed here. Rather, I will limit this discussion to the proper shoeing of the normal working horse. The average Quarter Horse with a sound healthy foot will be considered the normal working horse for the purposes of this article. It must be remembered that horses with gait or conformation problems will be shod as variations to the normal.

Purpose of the Shoes

Why shoe a normal healthy horse? The horse has been bred and used over the years in an environment artificially created by man. Gravel roads and show arenas are very traumatic to the hoof.


*Dr. Riegger is a 1974 graduate of the College of Veterinary Medicine, Iowa State University.

Coupled with this unnatural trauma, man has selectively bred for the smaller, more refined hoof, which is less durable. Consequently the horse is less able to withstand a rigorous program of use. To enable the horse to remain usable over a season, the shoe is used to give resistance to the hoof. Thus the purpose of shoeing a normal working horse is aimed at increased durability without the loss of natural mobility.

The Shoes


The primary consideration for the working horse is the angle and the balance of the hoof. The "way of going" is only important as it relates to the athletic ability of the working animal. A close analogy is the tennis shoe that we wear. A good fitting tennis shoe is an asset to an athlete, while an improperly fit shoe is a detriment.

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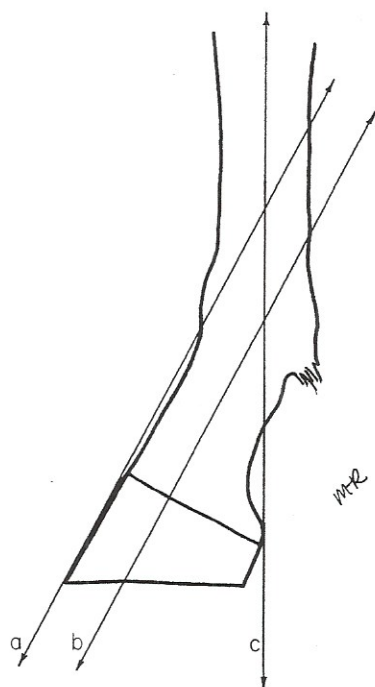


figure 1. a) slope of anterior hoof wall, b) axis of pastern, c) axis of cannon. Note that lines a and b are parallel. Also note that the bulb of the heel just touches line c, which is perpendicular to the ground.

The angle of the hoof wall must be determined for each horse individually according to the landmarks of the horse. The bulb of the heel should just touch the axis of the cannon (which is perpendicular to the ground), and the slope of the pastern should be the same as the slope of the hoof as shown in figure 1.

The plane of the ventral surface of the hoof with respect to the axis of the cannon should be perpendicular. This relationship, called balance, is determined by viewing the hoof from the posterior view as illustrated in figure 2.

The types and styles of shoes are numerous and can be identified in catalogs, but for normal situations the average working horse needs only a plate. The shoe should be shaped to the hoof. It is improper to shape the hoof to the shoe. There should be no "daylight" between the hoof and the shoe. The nail holes should be located in the anterior 60 percent of the shoe and this area should be

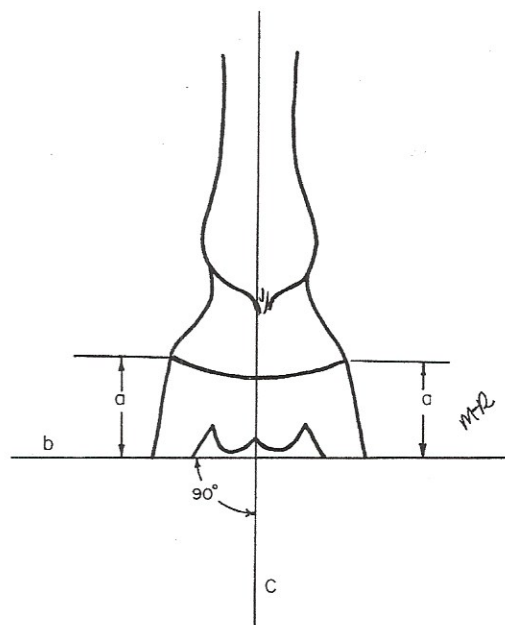


figure 2. a) the distance from the ground to the hair line, b) ground surface, c) axis of the cannon. Note that lines b and c are perpendicular. The a lines represent that a properly prepared hoof will be symmetrical.

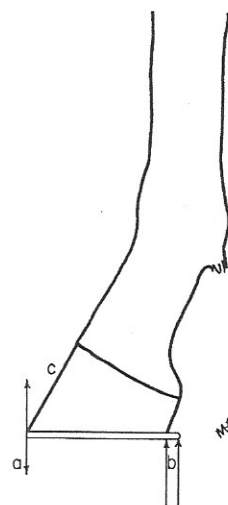


figure 3. a) anterior extent of the shoe, b) the distance from the end of the hoof to the end of the shoe. Note that a is flush with the slope of the anterior hoof wall. Distance b may be up to one-fourth of an inch. Notice that the anterior face of the hoof (c) is a straight line. One of the most common faults in shoeing is when this line is rounded off. Occasionally dubbing of the rear feet is necessary, as in an animal that over-reaches.

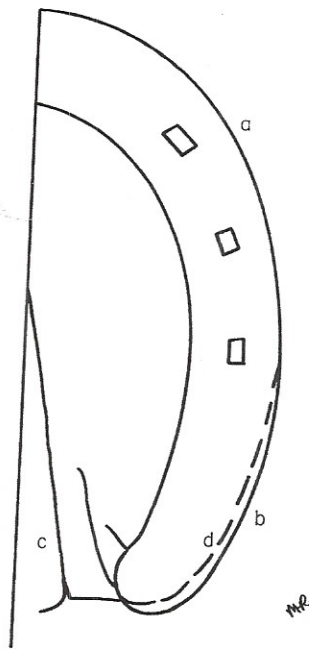


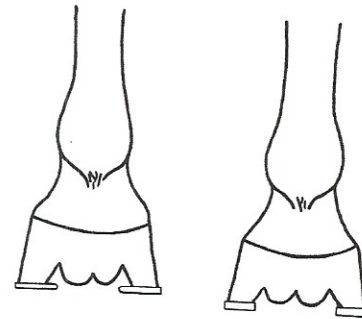
figure 4. a) region of the hoof where shoe edge and hoof wall meet, b) region of the shoe where it extends up to one-eighth of an inch lateral from the hoof wall margin (d). c) frog.

flush with the edge of the hoof wall. The posterior 40 percent of the shoe should gradually extend laterally beyond the edge of the hoof wall, so that the shoe is one-sixteenth to one-eighth of an inch wider than the wall (figures 3 and 4). The end of the shoe can extend posteriorly up to one-fourth of an inch beyond the end of the hoof.

Viewing the hoof from the volar or plantar surface, the shoe will cover the white line of the hoof. It is important that the shoe not trap dirt and debris in the area beside the frog (figure 5). One should be able to pass a hoof pick between the frog and the end of the shoe.

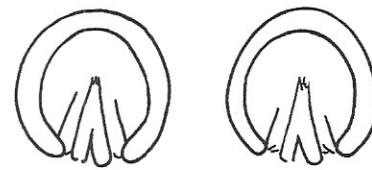
The Nails

The nails and their placement are very important. There is a variety of sizes and shapes of nails. For the average shoe sizes (000 to 1, Diamond Shoes), the number



improper

proper



improper

proper

figure 5. Note that when the shoes are properly placed there are no special areas to collect dirt as are present in the improper method of placing shoes.

five city head nail (Capewell Mfg.) is recommended. The nails should be driven parallel to the growth of the fibers of the hoof (illustrated in figure 6). This produces the least destruction of hoof fibers and reduces the tendency for nails to tear out chunks of hoof.

Another important point is the height of the nails on the hoof wall. Obviously the various hoof sizes and shapes will require different heights, but over the size range 000 to 1) five-eighths of an inch to one inch is suitable. Nails which are less than one-half of an inch above the dorsal shoe surface have a tendency to tear out a piece of the hoof wall. The tops of the nails should all fall on a straight line and this line may be parallel to the ground surface or a compromise between the line of the coronet and the ground line (figure 7).

The clinch should be approximately one-eighth of an inch long and nearly flush with the surface of the hoof wall.

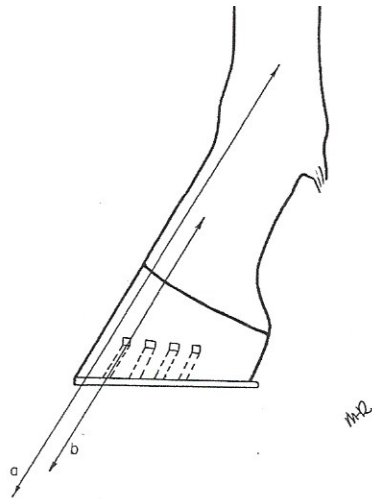


figure 6. a) direction of growth of the hoof fibers, b) proper direction for the nails. Note that lines a and b are parallel.

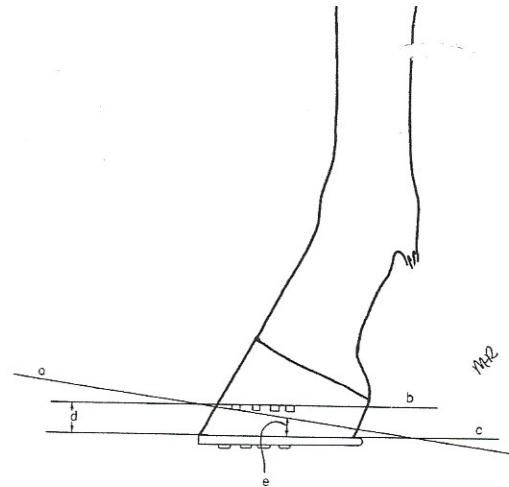


figure 7. a) compromise line for nails, b) straight line parallel to the ground surface, c) line representing the dorsal surface of the shoe and the bottom surface of the hoof, d) one inch distance, e) five-eighths inch distance. Note that there is some flexibility in the height of line b, depending on the size of the hoof (five-eighths of an inch to one inch).

The nail heads should not extend more than one-sixteenth of an inch below the surface of the shoe.

Replacement and Reset

How long should a set of shoes be left on? The shoes on the average working horse should be reset every four to six weeks during the heavy use season. If shoes are not reset at frequent enough intervals, the elongated hoof will decrease the athletic ability of the individual and in addition will cause excess strain to the flexor tendons and suspensory ligaments.

Summary

In summary the major considerations in recognizing proper shoeing are the angle and balance of the hoof, the shape of the shoe, the fit of the shoe and the character of the set of the nails.

The last comment I will make concerns the symmetry of the hoof on an individual. The front feet generally are mirror images of each other and the same holds true for the hind feet. The front hooves usually are one-half to one size larger than the rear hooves (Diamond Shoe sizes).




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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**

December Region 5 Message

The first USDF "Virtual" convention will take place at the beginning of December and it will be a very interesting convention. I will write more about the outcome of our meetings in our January update. Thank you to everyone who is planning to attend, I hope many of you take advantage of this free opportunity to be a part of our governance structure. Next year we hopefully travel to Houston, Texas!

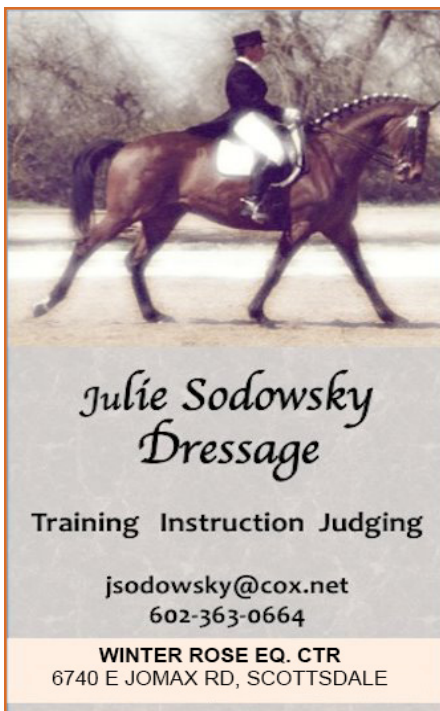
2021 will see the introduction of the Junior/Young Rider division to the US Dressage Finals! What a great opportunity for our youth who aren't a part of the FEI Jr/YR divisions to get to participate in a National Championships.

Bids will be opening soon for hosting the 2022 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 mid-October since the Champions and Reserve Champions of all 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.

I hope everyone has a great Holiday Season!

Till next month!
Heather Petersen

Region 5 Director



*Julie Sodowsky
Dressage*

Training Instruction Judging

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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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Display Ads – JPG, TIFF, PDF - 300 dpi

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|----------------------------|------|
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| ½ Page | \$50 |
| 1/3 Page | \$35 |
| ¼ Page | \$20 |
| Business Card | \$15 |

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Want something? Put your ad in the classifieds to see if someone has what you want, or wants what you have.

Send to 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.

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/>

The Centerline is the official monthly newsletter of the Arizona Dressage Association (ADA), a 501(c)(3) not-for-profit organization. Material in the newsletter may not be reproduced, with the exception of forms, without the written consent and credit of the editor and/or author. The Centerline assumes no responsibility for the return of unsolicited material unless accompanied by a stamped, self-addressed envelope. The Centerline welcomes your articles, letters, barn news, cartoons, artwork, poetry and especially, your photographs. Submissions, news, views and opinions expressed herein do not necessarily reflect the position or views of the ADA. Acceptance does not constitute an endorsement. Accuracy of materials submitted is the sole responsibility of the author. *The Editor reserves the right to accept, reject and edit submitted material.* The deadline for articles and advertising is the 20th of the month. Email to: centerline@azdressage.org

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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2021 CALENDAR OF EVENTS

JANUARY

22-24: Champagne Dressage Show. Contact Central Arizona Riding Academy for more information.

FEBRUARY

MARCH

13-14: Tuscon March Madness I/II, Location: Pima County Fairgrounds, Tuscon, AZ.

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER



ARIZONA DRESSAGE ASSOCIATION

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