



Volume 14, Issue 7

www.azdressage.org

July, 2014

IMPORTANT! Hard Copy or Electronic?

The ADA is considering joining the ranks of most other dressage organizations and many nonprofits by transitioning the Centerline into an electronic format that you can read online or print yourself if needed. As a part of membership services, we have maintained the printed Centerline for much longer than most other organizations (Dressage and others), but printing and mailing it is very costly (upwards of \$5,000 per year). In addition, we think an electronic Centerline will open a new world of journalistic possibilities for us and broaden all of our horizons! It will permit us to link you to other resources from within articles ... pictures can become videos – and can be in color! Our sponsors can present themselves in color with links to their websites and to special member deals.

We realize that not everyone wishes or is able to receive the Centerline in this format, but in a recent survey, a majority of members indicated they understood the benefits of doing so. We feel the dollars spent on printing can be better spent on supporting educational activities and other *in-person* events where we can get to know one another and share our successes and challenges. It also frees up funds to support our 2015 and future Regional Championship shows and other educational programs the membership has indicated are important to them.

But we want to hear from YOU!

If you are a member who is unable to receive the Centerline electronically or would prefer to receive a printed version, please email me at president@azdressage.org or send me a note at 6160 E Cielo Run N, Cave Creek, AZ 85331, including your name and mailing address. Depending on the number of members who wish to continue to receive a hard copy, the ADA may either consider an add-on fee for a print version in future membership years or may continue with our present delivery methods. If you can receive it electronically but aren't sure if the ADA has your email address, please check with Michell Combs at membership@azdressage.org so she can update your profile if needed. And if you'd rather the ADA not have your email address, the electronic Centerline will be posted on the website as soon as it is released via eBlast.

Here is a link to view the most recent electronic newsletters: <http://issuu.com/arizonadressage>

Give us a few months to figure out how to realize the full potential of this new format, and we think you'll be pleased with the results. We try to stretch your membership dollars to provide as much bang for your buck as we can and we think the savings generated by moving to electronic newsletters can help us do that. As always, we appreciate any feedback you may have to help us enhance our digital format.

Sue Leutwyler

President

See Page 6 for more information

Arizona Dressage Association Mission Statement

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.





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 10th of the month. Mail to: Kay Lorenzen, 4634 W. Country Gables Drive, Glendale, AZ 85306 Or Email to: centerline@azdressage.org

How Can you Contribute to the Centerline?

There are many ways you can contribute to making The Centerline a more useful and informative newsletter for the membership.

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

Write up a review of 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

Product Endorsements/Advertising

In most cases, products and services are 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.

Classifieds

Have something for sale? For rent? 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

It's Why I Ride or Living The Dream

Submit an article and photo of you and your horse describing why you ride. Send to centerline@azdressage.org. If the photo is a riding photo, please wear a helmet for photo.

~ADVERTISING~

The Centerline is not responsible for, nor does it endorse any claims made by advertisers. ALL ADVERTISEMENTS MUST BE PAID AT THE TIME YOU SUBMIT YOUR AD

Rates:

- Display Ads – Camera-Ready
- Full Page (7.5"x10")\$90
- 1/2 Page\$50
- 1/3 Page\$35
- 1/4 Page\$20
- Business Card.....\$15

Display Ads-Text Only Supplied

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\$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.

Deadline: 10th of the previous month

Mail to: ADA c/o Kay Lorenzen
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Email to: [Centerline@azdressage.org](mailto:centerline@azdressage.org)

Phone: 602-789-7782. Please be sure that your check accompanies all your camera-ready ads.

Northern Arizona Chapter Website

www.nacofada.com

USDF Region 5 Website
<http://usdfregion5.org/>

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Michele Renner	440-221-8587
Sondra Wilkening	928-925-6434

ADA Board Attorney:

Wendy Riddell	602-616-8771
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Region 5 Message

July 2014

I hope everyone has had a great start to their summer! I know we've been busy up North with final qualifying for NAJYRC and the start of the major show season, but it's now quite warm down south and I hope those of you down there are enjoying some lighter riding at the cooler times of the day. Perhaps all of you are enjoying time with friends and family this summer.

Several important **DEADLINES** are coming up:

- USDF National and Regional GMO volunteer nominations, as well as GMO award nominations, are due to the USDF office by August 31.
 - * GMOs can submit nominations for [Newsletter Awards](#), [Website Awards](#), and [Photography Awards](#). Don't forget that all nominations are due to the USDF office by **August 31**. No more submitting hard-copy nominations! See the nomination forms for detailed information.
 - * Regional GMO Volunteer of the Year nominations can be submitted by any participating member, group member or the Region Director.
 - * Volunteer of the Year and Youth Volunteer of the Year nominations can also be submitted by any participating member, group member or the Regional Director.
 - * One deserving group member will receive the [Ruth Arvanette Memorial Fund Grant](#) to attend the 2014 Adequan/USDF Annual Convention in Cambridge, MA. The grant includes full convention registration and partial reimbursement for travel expenses. Applications due by **August 31**
- GMOs must return their GMO Delegate/Proxy Authorization form to the USDF office to appoint representation to the Board of Governors meeting at the USDF Annual Convention December 3-7, 2014 in Cambridge, MA.

The end of the qualifying period is coming for the 2014 NAJYRC Championships as is the period for the USEF Championships Programs for Young Horses, Developing Horses and Brentina Cup. We wish all our intended competitors good luck in their endeavors.

Please mark your calendars for our Region 5 Championships and plan to join us! It will be a fun week.

USDF/Great American Region 5 Championships – September 18-21, 2014. Parker, Colorado.

There are many educational opportunities being held over the next year around our region. Please be sure to double check your local calendars and those of the GMOs and barns just outside your area and take part in one of these wonderful events.

Till next month!

Heather Petersen
Region 5 Director





MINUTES

ARIZONA DRESSAGE ASSOCIATION

Regular Meeting

June 9, 2014 Draft Minutes www.azdressage.org

The meeting was called to order at 6:45 p.m.

1. **Directors Present:** Cindy Hitchcock, Kathy Smith, Cynthia Ganem, Anne Buchanan, Sarah Lindsten, Jill Graf, Heather Bilodeau, Sue Leutwyler.
2. **Directors/Alternate Directors Absent:** Adriana Gilcreest, Cynthia Course, Michell Combs, Nathalie Eikel-Baughman, Carolyn Haskell, Betty Drake.
3. **Alternate Directors:** None Present.
4. **Chairpersons of Standing Committee:** None
5. **Members of Local Chapters:** None
6. **Guests:** Rhiannon Deremo – Rhiannon introduced herself as Manager of Bar A Ranch, an equestrian facility on 85th Street and Dynamite Blvd and presented the Board with information about the ranch which included a flyer. Possibility of a new schooling show venue at the Bar A Ranch facility.

Officer's Reports:

7. **Secretary's Report – MOTION:** Cynthia Ganem moved to accept the Secretary's report as printed in the Centerline and posted on the web. VOTE: Unanimous. RESULT: Motion Carried.
8. **Treasurer's and Finance Report – May, 2014:** Operating Acct. - \$19,309.82; Reserve Acct. - \$66,302.40; Credit Card Acct. -\$6,245.64; ADA CD - \$11,417.02; Pantano CD - \$11,417.02; Cash - \$1,750.63.
 - a. The P & L for January through May is attached. MOTION: Anne Buchanan moved to accept the Treasurer's report as presented. VOTE: Unanimous. RESULT: Motion Carried.

Standing Committee Reports:

9. **Membership Committee –**
 - b. As of May, 2014: 39 new Members in 2014; ADA/GMO Members: Adults; 31 Junior/Young Riders; 8. 2014 ADA/GMO Members: 285 total. 223 Members renewed in 2014; 206 Adults, 17 Junior/Young Riders. 23 Members returned; 21 Adults, 2 Junior/Young Riders. 120 2013 ADA/GMO Members have not renewed for 2014; 107 Adults, 13 Junior/Young Riders. Multi-year/Business Memberships discussion. Bylaw change discussion. The ADA Board recommends that we add new membership classifications, which will require a bylaw change that will be presented at the July meeting.
 - c. Survey Results – Survey results were analyzed and discussed. eCL discussion followed.
10. **Recognized Shows –**
 - a. Flagstaff Show Update – Final stages of preparation under way for the two shows. Venue is under contract including the show officials and support staff. Carolyn Haskell is in charge of the awards and ribbons for both shows.
 - b. Oktoberfest Show Status – The license for Oktoberfest is still pending. The contract for West World will be signed soon. Arenas 3, 6, 7 and possibly Wendell or arena 8 will be used. Local officials are being hired. Food vendor to be decided. Discussion on barn management and location of show barns.
 - c. New Paid Position – Show Treasurer. Discussion followed.
11. **Equipment Committee –** Purchase of new silk flowers for the show arenas – Kay Lorenzen and Cyndi Jackson offered to donate up to \$400.00 toward purchasing silk flowers for the arenas. A jack on one of the ADA trailers is in need of replacement. MOTION: Kathy Smith moved to approve up to \$100.00 for the purchase of a jack on one of the trailers. VOTE: Unanimous. RESULT: Motion Carried. There is also a need to replace approximately six pylons for the arenas at an approximate cost of \$35.00 per pylon. MOTION: Kathy Smith moved to approve up to \$250.00 for the cost of purchasing six pylons for the arenas. VOTE: Unanimous. RESULT: Motion Carried. Discussion on obtaining a different storage locker for the ADA equipment followed.
12. **Vendor Chair -** 2015 Regional vendor location discussion.
13. **Education Committee –** Sarah has been working on more clinics for the fall 2014 season and the year 2015. L Program D1 and D2 hosting possibility.
14. **Scholarship Committee –** Draft of criteria revision discussed.
15. **Juniors/Young Riders Committee Report -** JR/YR's plan to host a fundraising activity at our Flagstaff show.
16. **Communications Committee –** May Report – **Total Page views:** 30,924; **Average Page views/Day** 997; **Average # Different Computers/Day:** 289. **Most Popular pages:** May eCL, Home Page, Omnibus, Calendar, Dec. eCL. **Most Popular PDF Downloads:** May eCL, Omnibus, Horse Nomination Form, Recog'd show form, State Championships Eligibility List.
17. **Auditing Committee Report – Policies and Procedures –** Cynthia reported that an audit of the policies and procedures will commence sometime after mid-July.

Ad Hoc Committee Reports:**Old Business:****New Business:****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.

Announcement of Next Meeting – Regular Meeting of July 14, 2014, at the home of Jill Graf.

Adjournment: Meeting adjourned at 8:56 p.m. MOTION: Cynthia Ganem moved to adjourn the meeting. VOTE: Unanimous. RESULT: Motion Carried.





JULY

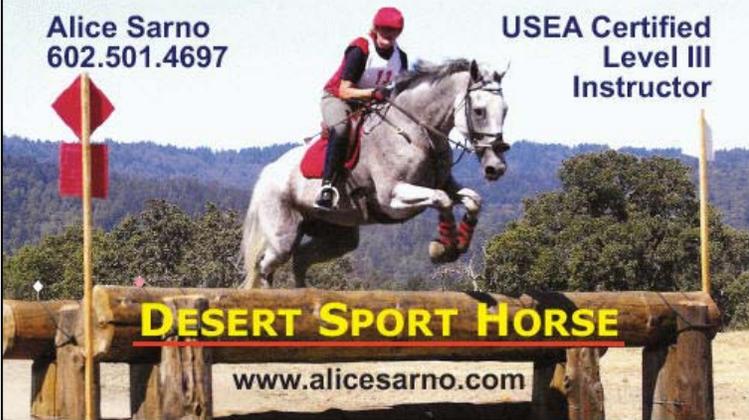
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2014



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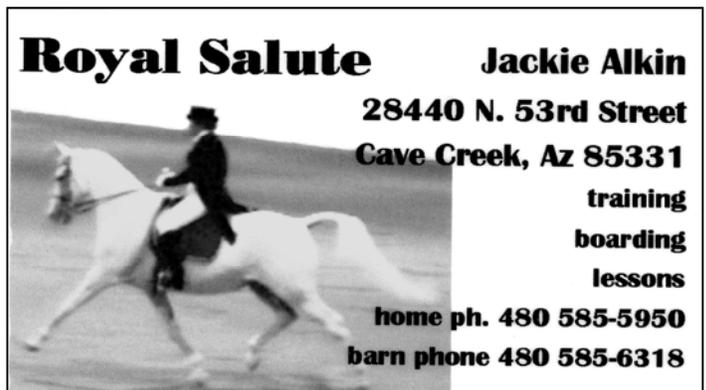
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Letter From The Editor

Paper vs Electronic Centerline

As Editor of The Centerline, my priorities are to keep the membership informed of past, current and upcoming events, post scores and standings, provide USEF and USDF updates, provide forms, reminders, events calendar, include advertising, and **to do this all in a way that encourages recipients to read the newsletter.**

Below are some concerns members have shared about why they prefer a paper copy of The Centerline.

The newsletter is a benefit of membership and paper has been a given. Money spent on production and delivery should not be considered spending money unwisely. It contributes to our mission statement of education.

Newsletters are available at Greenway Saddlery where newcomers and winter visitors look for dressage activities and trainers.

The recent survey was only a 15% response rate, but most responses were electronic. Those who receive the hard copy may not be so inclined to go online to do the survey, or to tear or copy the survey out of their paper Centerline.

At full membership last year, we produced 266 labels, meaning of the 342 members, 77.8% wanted a paper copy.

Cynthia Ganem did an informal, face-to-face survey, asking people if they preferred a paper or electronic newsletter. The results were about 50/50. While this was an unscientific survey, those results are meaningful.

Cynthia reported last year that the Centerline had broken even in expense vs. income from advertising revenues.

Many people check their email on smart phones. Looking at 40+ pages of print on a phone is difficult. If that was the only way someone could read it, they might skim it or just delete it.

Trainers say they like the hard copy and also use it for forms (Futurity, Scholarship, clinic, etc.) Not everyone has their electronic devices connected to a printer.

The Board is concerned that members do not read the newsletter. Eliminating the hard copy removes one way that people can read it.

The Board is concerned that the 2015 Regionals Show will lose money. ADA Net income for the past three years has been:

2013 13,576.07

2012 \$25,452.83

2011 -683.90

Considering the \$60K+ in our Reserve Account for severe show losses and the last couple of years' surplus, eliminating the hard copy to save money may not be necessary.

To qualify for bulk mail, a minimum of 50 pounds or 200 copies is required. The cost of mailing the newsletters runs about \$90 per month. If it is mailed first class, the cost could be as much as \$1.40 per issue. That cost may be passed on to the people who chose paper.

It was suggested that the older generation wants the hard copy. Perhaps, but looking at the demographics of our membership, a large segment is over 40 and this age group is fairly technologically astute.

Regardless of whether you prefer a paper copy or an electronic copy, **the most important thing right now is that you send your preference to Sue Leutwyler at president@azdressage.org.**





JULY

~THE CENTERLINE~

2014



2014 Arizona Dressage Show Calendar					
Show	Level	Show Date	Closing Date	Judges	Page
TDC Winter Heat I & II Tucson -- Pima County Fairgrounds	3	January 18-19, 2014	December 19, 2013	Sandy Hotz, 'S'; Debbie Rodriguez, 'S'	
ADA Fun in February	1	February 9, 2014	January 13, 2014	Shirley Rector, 'S', Ellie Stine-Masek "S"	
TDC March Madness I & II Tucson -- Pima County Fairgrounds	3	March 15-16, 2014	February 17, 2014	Melissa Creswick, 'S'; Hilda Gurney, 'S'	
ADA Spring Celebration Scottsdale -- WestWorld	3	March 29-30, 2014	March 3, 2014	Lois Yukins, 'S'; Kristi Wysocki, 'S'; Natalie Lamping, 'S'	
Coconino Dressage Show		May 24-25, 2014	April 25, 2014	David Schmutz "S", Shirley Rector "S"	
ADA Mtn Air/Pines (Flagstaff)	2	August 16-17, 2014	July 21, 2014	Dinah Babcock, 'S'; Fran Dearing-Kerr, 'S'	
USDF Region 5 Championships Parker, CO -- Colorado Horse Park	4	September 18-21, 2014	August 25, 2014	TBA	
ADA Fall Fiesta Scottsdale -- WestWorld	3	November 1-2, 2014	October 6, 2014	Dolly Hannon, 'S'; Debbie Riehl-Rodriguez, 'S' Sue Kolstad, 'S'	
TDC Fall Festival I & II & State Championships Tucson -- Pima County Fairgrounds	3	November 22-23, 2014	October 24, 2014	Charlotte Bredahl, 'S'; Charlotte Trentelman, 'S'; TBA	

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So now for the last remaining Charlotte clinic notes...

By Kim Pribble

Teaching Flying Changes to a Young Horse

Once you have a good counter-canter, don't go along counter-cantering for too long. You can then play with/introduce flying changes. You are not going to "ask" for a change like you would on a horse that knows how to do them. How Charlotte likes to initially teach a young horse flying changes is she has them in a nice canter, then, canters them across a short diagonal, and about 2 strides out from the rail, she just "flicks" them with the spur. Don't worry about what happens! Or if nothing happens. If he gets it, he gets a pat...if not, it doesn't matter, and definitely don't "tell them off"; just try not to get bucked off. It is all about repetition. Let it be a little treat for them, a little excitement in the work for them to get to "play" with changes. And remember when teaching the changes, they don't have to be perfect...they never are! If the horse makes a mistake with a change, just keep on going; the horse will learn to stop if you shut them down. Also, your leg doesn't need to go far backwards when teaching changes; just flick them with the spur. Also, young horses will often go through a stage where they give you "extra" changes...don't punish them for it, it is good...your horse is offering to you.



Flying Changes

Charlotte rides her changes on the wall; riding changes on the wall will stop the horse from swinging the change. It is rare that she practices changes on a diagonal. She will only do changes across a diagonal a couple times before a competition. It really helps to keep the changes straight. Use only your heels (flick of the spur) for the change and not your whole body. If a rider tends to put their leg too far back asking for the change, Charlotte will tie their leg to the girth with a piece of string. The change should be BIGGER than the canter stride. Also, keep the horse up and round through the changes.

With Valegro, he gets really hot doing the "one's"; so she will do two changes, then collect him, then do two more, then collect him, then do two more. Then, when she needs to do 15; he listens to her.

Continued on Page 8





Continued from Page 7

So now for the last remaining Charlotte clinic notes...

By Kim Pribble

Canter Zig-Zag (Grand Prix)

Charlotte said in the Grand Prix canter zig-zag ... it is difficult to fit it all in! She will train with a few "steep" canter leg yields; six/six, so say from F-S or F-E, this is to be sure the horse is moving off your leg. Think in your mind; "one, two, three, four, STRAIGHT – Change -Over." So you will land, then, think go straight a stride, then, think sideways. This exercise really helped a rider that's horse was severely losing his balance and straightness during the zig-zag and helps the rider control the shoulders.

Collecting

"Think walk with the reins; and canter with your legs" But not blocking...bring the horse back with the seat and upper body...not the hands. Give with the reins when possible; not holding him. Don't rely on the reins to collect.

Piaffe/Passage

When she first teaches Piaffe, she usually begins with a walk along the rail. She asks the horse to take "quick joggy steps" and then touches him on the croup with the whip. At home Charlotte never trains Piaffe on the spot! She always trains it going forward. When they know it, she will do a medium trot down the long side, then at say "M" think Piaffe for two steps then out! Coming out of the Piaffe, she wants it very soft, so the horse creeps out...feeling he pulls and takes you out. Then the horse never feels worried or trapped and it isn't stressful and you are in control and if you want just two steps you can get just two steps. You want to have the feeling of containing the horse on the spot and that he always wants to go out. If you ever feel stuck – ride out of it. In Passage, she advised that she will do it in leg yield so the horse really steps under.

Canter Pirouette

Charlotte had an exercise that she used quite often in the clinic for horses working on canter pirouettes. It really helped horses that didn't make even sized pirouettes, or didn't have good strides throughout the pirouette, or horses that got half way through and became hoppy or whirled around the second half. It really helped the riders control every step of the pirouette and regulate the size...drum roll ...the exercise is: Do a half-pass from H to X, then come down centerline towards A in shoulder-fore, then execute a 10 meter half circle in travers to the left to then move back into half pass from F to X and begin the exercise again, going back to centerline in half-pass and repeat....

Continued Page 9





Continued from Page 8

So now for the last remaining Charlotte clinic notes...

By Kim Pribble

And now for what everyone has been waiting for....how to get the...

BIG VALEGRO TROT

First, you cannot put in more trot until the horse is lighter in the rein. You have to make them lighter; then you can create the energy. To get the suspension in the trot, slow the front with a 1/2 halt; she wants his head up a little, her reins get slightly shorter and her hands move more forward towards his mouth; then touch with both legs and go! Think in your mind forward but not running...just BIGGER steps, more suspension. So, again...think bring the ears up, balance, touch with the legs and go! (Kim's Note: remember back in the previous articles though where she said Valegro's trot didn't get really big until she taught him Piaffe!)

I hope everyone has enjoyed my little Charlotte Symposium series! I did my best to pass this information along as exactly as she stated things as possible and I hope you gained something by reading this. See you at the shows this fall!

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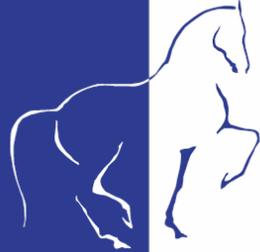
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C O U N T Y





Barn Tip

Is it Too Hot to Ride Your Horse?

It's officially summer and the temperatures are over 100 degrees routinely in Arizona. These temperatures can have an effect on horses as well as humans. It is important to know when horses are at risk for heat stress. Here is some information on heat stress published by the Kentucky Equine Research staff.

The most common method of predicting heat stress is to add the outside air temperature and the percent humidity. If the sum of these two numbers is less than 130, the chance of heat stress is unlikely. If the sum is over 150, the horse's ability to lose body heat is severely decreased, especially if humidity is greater than 50% of the total. If the sum of the temperature and humidity is greater than 170, the horse can lose little body heat and should probably not be worked in this environment.

Horses lose body heat through sweat, exhaling warm air, and widening blood vessels in the skin. When the air temperature is near body temperature, heat loss is greatly decreased. About 30% of increased body heat is lost in sweat as horses working in hot humid conditions can lose over 7 gallons of fluid as sweat, in addition to electrolytes important for body function. Losing 7 gallons an hour will certainly cause dehydration so horses working in this heat must drink plenty of water and should be given electrolytes. It is important to monitor your horse's temperature. A horse's normal temperature can get to 103 degrees Fahrenheit with exercise but if it gets over 105F, you should be concerned. So if the air temperature and humidity added together are more than 150, it may be too hot for your horse to go riding.

Be careful this summer when the monsoons raise our humidity levels, it may just get too hot to ride your horse.

Tip? Watters4@cox.net

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A Tribute to Radiant Star



Condolences to Kendall Brookhart on the loss of her foundation mare, Radiant Star, who crossed the Rainbow Bridge at age 31. She was the dam of Fabian, Lassitar, Stella & Sera & the Grand dam of Rigelle & Rayna. She was an integral part of Kendall's life & will be greatly missed!





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(<http://www.amerigo-saddles.com/index.php/en/siena-dressagesaddles>).

Stirrups and leathers not included. Contact Cindi: 623-866-2780 or tackforsale@cox.net.



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Does your trainer or clinician have some quotes or pearls of wisdom that he or she repeats that crystallize a concept for your riding? If so, please email them to kaylorenzen@cox.net and they will be considered for publication.

From Hector Carmona

What Really is classical?

What really is classical? Is it a certain time period and/or a method of training? When the FEI came into existence and dressage became an Olympic sport, many horses were trained with a stiff or hollow back. It is safe to say that the majority were. All the history books indicate this fact. If prior to that, in the classical system, horses were trained giving the back, it's important why was this not carried over? I don't know.

The back started to gain popular attention in the late 50s and early 60's, but still many winning horses were not "over the back." I don't think we have nailed it yet. We began to, but then it got twisted. This all comes down to proper stretching of the horse. And I don't think it has been clearly defined as of yet and understood. Either the horses are strung out, or they are shortened in the neck.

There needs to be a conference stating proper stretching and putting it in the rule book. I do believe one day the rule book will be relevant again. This proper stretching will have the scientific evidence behind it. We are at that point in time today. All of the information is available; it only needs to be compiled. That's not hard to do. We have healthy minds in the business looking at things objectively where the welfare of the horse is the most important criteria. We are coming close to arriving at this point. In many ways, it is evident with the ongoing battle to end Rollkur/LDR. We are ripping apart theories and then joining together to rebuild proper training techniques. I guess that's how we humans need to operate



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Equine Photography

hjbuttrum@aol.com 602.999.4068

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Tracey Krajenke Equus Dressage

Equus Dressage welcomes new faces to the barn!

A big congrats to Tami George on her purchase of a Grand Prix gelding 'Brendan', and to Kathleen Downie on her purchase of an FEI gelding 'Freiheit'. We are very excited for both of them!

We also wish to welcome Cheryl Potter and her gelding 'Ace', and a "welcome back" to Tania Radda's 'Yogi' who has been on lay up for a year and is ready to go back to work!

We are also very excited about our new Dressage arena. It looks amazing!!!!

Equus Dressage is proud to announce that Tracey Krajenke is now sponsored by Cavalor and Amerigo Saddle Co.

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Designing a Well Balanced Diet ... By Dianna Shannon-Blasingim

Sadly, I have found that each year I find fewer and fewer things to get excited about, especially in the horse world. However, recently I found something that has made me super excited. Most of you reading this who have horses know how challenging it can be to design a well-balanced diet (and you may find that our well designed diets aren't as well designed as we may believe them to to).

We are bombarded with much conflicting information from varying sources... all of which makes things even more confusing. Each feed company has their own nutritionists and representatives who are *trained/educated* to not only sell their product, but taught how to persuade people to change to their product. The feed companies target their markets by labeling their feeds "low starch", "high fat", "safe", "performance", etc., etc., etc.

I have spent the better part of the past 20 years (blessed) in that I have been able to work with a very talented equine pathologist/research vet who has helped me design my horse's diets. Her work has been primarily on EPSM and from that work she unlocked much equine-specific knowledge relative to the horse's digestion and dietary needs.

She provided me with much knowledge and guidance (through not only her own personal knowledge, but through her team of equine nutritionists). By the way, none of these specific individuals have any affiliation with any specific feed company, which is very important to me. Why? Because it means to me that their work is pure - they are not on anyone's payroll and thus are not motivated to help a company sell a product.

Having been very comfortable in the diet protocol I have used to successfully design my horses' diets, this year I was faced with a curve ball. I was challenged to redesign one of my horse's diets so that his daily protein percentage were lower than they are in the winter. Why? Because he does not do well in the heat and as the digestion of protein creates more heat in the horse's system. So, I needed to revise his diet so that fewer calories are coming from protein.

Now, you would think this would be relatively easy, but, while doing this, I need to keep his calories from sugars/starches down as well, meet his caloric needs and balance his nutrients. The reason this is a challenge, is that pound for pound feeds higher in protein tend to also be more calorie dense. So, if you are lowering the protein, then you are probably going to be replacing those calories with ones that have more sol.carbs/starches - which are calories that most horses simply do not need over and above that which they get in their daily forage intake.

Oy vey ... I was getting a headache and starting to panic as the hotter weather was creeping in and I still wasn't sure how I was going to accomplish all of this.

While complaining to a friend of mine, she suggested that I go to Feedxl.com. While I was less than enthusiastic that this would be helpful, after speaking to her about the program, I was intrigued. So, I dipped into my *latte reserve money* and resigned myself to doing without my morning vente, skinny vanilla latte at 140 degrees with two Splenda for 7 mornings ... and paid the \$25 for a one-month membership. Fully expecting it to be a waste of money.

After the first visit to Feedxl.com, I was nothing short of shocked by what I was seeing. The avenues for change were nothing short of amazing and a little overwhelming too. Though, still not convinced (and being someone who does not like to change something that has been working), when I hit upon a bit of a hitch, (i.e. the hay I was switching to [a local Paca Verde] was not on their list of feeds), I rolled my eyes and prepared to be vindicated in my belief that I had wasted my \$25.

When I e-mailed Feedxl.com, I was convinced I would get no response and lo and behold, before the end of 24 hours I had a response to my e-mail. Not only were they very happy to update their information to include the analysis of the local hay; but, their founder, Dr. Nerida Richards personally e-mailed me and has been speaking consistently with me for the past four plus weeks. This lovely woman has been so giving of her time and expertise, that I enjoyed yet another horse-related excitement. She spoke to me in such a way that understanding her was quite easy ... she talked to me and with me, not at me.





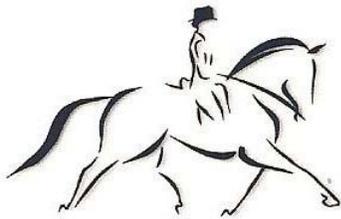
The Feedxl program has been nothing short of amazing. It has opened my eyes as to how easy it is to unbalance a horse's diet with a simple change. In fact, the difference of .25 of an ounce of a specific supplement can cause an imbalance in your horse diet (and cost or save you significant money on a yearly basis)!!!!

I also had much fun taking several complete feeds and designing a diet around the manufacturer's stated recipe, and was shocked to find it was not a balanced diet after all. Go figure.

What I found even more concerning was that some of the so-called safe feeds for horses with IR or who are laminitic prone are truly not necessarily safe (or the best choice) at all. The program makes designing a diet for a horse who is somewhat of a management issue, much easier.

The only downside to the Feedxl program is *you can truly get caught up and spend substantial amounts of time tweaking your horse's diet*, without realizing you have spent an hour on the computer.

I would enthusiastically encourage any of you has their own horse (even if you board out), to try this program and see exactly how balanced your individual horse's diet is for what he is doing and based on his individual health issues. The money I will save in reducing the amount of certain supplements will more than pay for the yearly subscription to this program.



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2014



Show Results

Coconino Dressage Show—May 24-25, 2014

TRAINING LEVEL TEST 3

(C) Schmutz,
1 Rebecca Lindy Queen Lateephah 52.400%

TRAINING LEVEL TEST OF CHOICE

(C) Rector,
1 Rebecca Lindy Queen Lateephah 57.500%

TRAINING LEVEL TEST 1 Opportunity

(C) Rector,
1 Ann Ezzell Lionheart III 60.833%
2 Angela Carmitchel Magic 54.375%

Training Level Test 2 Opportunity

(C) Schmutz,
1 Ann Ezzell Lionheart III 60.357%
2 Angela Carmitchel Magic 49.643%

FIRST LEVEL TEST 1

(C) Rector,
1 Deborah Lindley Michaelangelo 67.241%
2 Barbara Middleton April 65.172%
3 Terry Erickson Sundown Champion 62.069%

FIRST LEVEL TEST 2

(C) Rector,
1 Cecelia Overby Guinness Stout 65.135%
1 Megan Manning SR Ssavant 62.162%
1 Barbara Middleton April 59.054%

FIRST LEVEL TEST 3

(C) Schmutz,
1 Katie Scotford Dean Martin 68.226%
1 Cecelia Overby Guinness Stout 63.387%
2 Catherine Chandler-Brown Luke 61.935%
1 Deborah Lindley Michaelangelo 58.387%
2 Meredith Peabody My-T 58.387%

FIRST LEVEL TEST OF CHOICE

(C) Rector,
1 Meredith Peabody My-T 68.448%
2 Terry Erickson Sundown Champion 63.387%

SECOND LEVEL TEST 1

(C) Rector,
1 Katie Scotford Dean Martin 71.143%
2 Megan Manning SR Ssavant 62.429%
1 Catherine Chandler-Brown Luke 58.571%

SECOND LEVEL TEST 2

(C) Rector,
1 Rita Self Balderdash BJ (Zoey) 58.158%

SECOND LEVEL TEST 3

(C) Rector,
1 Megan Manning SR Ssavant 65.476%

THIRD LEVEL TEST 1

(C) Schmutz,
1 Molly Obrien Prodigy 65.263%

THIRD LEVEL TEST 3

(C) Rector,
1 Lynn McKinney Plato En Rouge 66.923%

PRIX ST GEORGES

(C) Schmutz,
1 Molly Obrien Hawk Of My Heart 57.632%

Intermediate B

(C) Schmutz,
1 Paula Paglia Wraaven 62.738%

USDF MUSICAL FREESTYLE TOC

(C) Schmutz,
1 Lynn McKinney Plato En Rouge 57.500%

TRAINING LEVEL TEST 1

(C) Schmutz,
1 Jill Briggs Heidehof's Gentleman 66.875%

TRAINING LEVEL TEST 3

(C) Rector,
1 Rebecca Lindy Queen Lateephah 58.400%

TRAINING LEVEL TEST OF CHOICE

(C) Schmutz,
1 Jill Briggs Heidehof's Gentleman 66.071%

Training Level Test 1 Opportunity

(C) Rector,
1 Angela Carmitchel Magic 63.542%

FIRST LEVEL TEST 1

(C) Schmutz,
1 Angela Carmitchel SOPHISTICATE 63.966%
1 Terry Erickson Sundown Champion 63.793%

FIRST LEVEL TEST 2

(C) Schmutz,
1 Cecelia Overby Guinness Stout 67.297%
1 Megan Manning SR Ssavant 63.919%
1 Barbara Middleton April 61.622%

FIRST LEVEL TEST 3

(C) Rector,
1 Katie Scotford Dean Martin 74.516%
1 Deborah Lindley Michaelangelo 67.742%
1 Catherine Chandler-Brown Luke 67.097%
2 Meredith Peabody My-T 65.161%
2 Cecelia Overby Guinness Stout 64.677%
3 Barbara Middleton April 58.871%

FIRST LEVEL TEST OF CHOICE

(C) Schmutz,
1 Meredith Peabody My-T 64.138%
2 Terry Erickson Sundown Champion 61.452%

SECOND LEVEL TEST 1

(C) Schmutz,
1 Katie Scotford Dean Martin 69.286%
2 Megan Manning SR Ssavant 63.714%

SECOND LEVEL TEST 2

(C) Schmutz,
1 Rita Self Balderdash BJ (Zoey) 61.579%

SECOND LEVEL TEST 3

(C) Schmutz,
1 Megan Manning SR Ssavant 63.690%

THIRD LEVEL TEST 1

(C) Rector,
1 Molly Obrien Prodigy 61.842%

THIRD LEVEL TEST 3

(C) Schmutz,
1 Lynn McKinney Plato En Rouge 66.795%

PRIX ST GEORGES

(C) Rector,
1 Molly Obrien Hawk Of My Heart 60.263%

Intermediare B

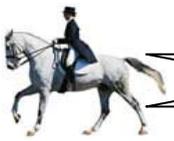
(C) Rector,
1 Paula Paglia Wraaven 60.476%

USDF MUSICAL FREESTYLE

(C) Rector,
1 Lynn McKinney Plato En Rouge 66.333%

INTRODUCTORY LEVEL TEST B

(C) Rector,



JULY

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2014



Show Results

Coconino Dressage Show—May 24-25, 2014

COCONINO DRESSAGE SHOW 2014

HIGH POINTS - OVERALL FOR SHOW by Division

Adult Amateur – Meredith Peabody/My T 68.448

Junior/Young Rider – Katie Scotford/Dean Martin 74.516

Open – Cecilia Overby/Guiness Stout 67.297

Freestyle - Lynn McKinney/Plato En Rouge 66.333

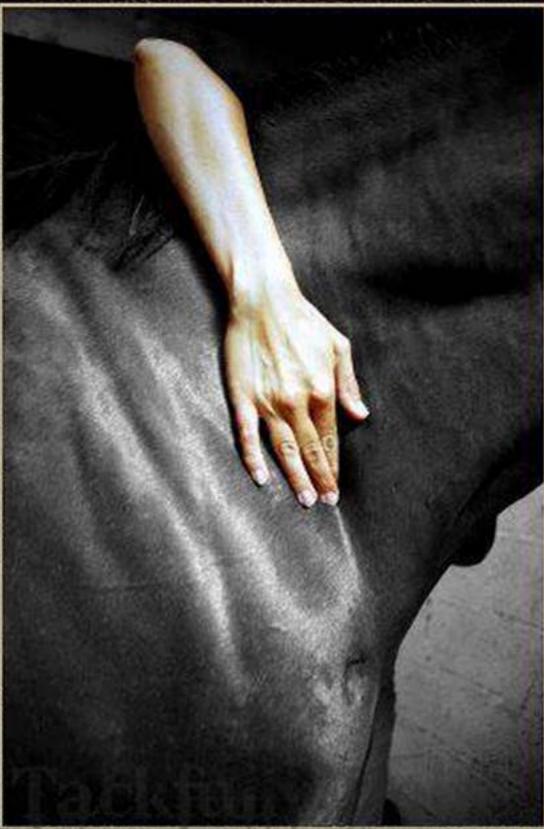


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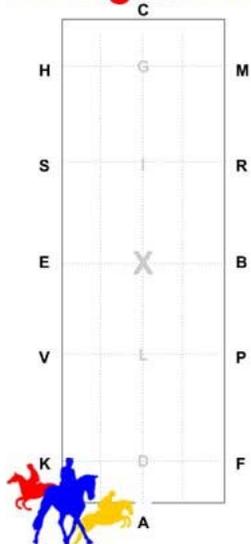
Where did the dressage letters come from?

"In the Old Imperial German Court the walls of the Royal Stable yard were initially marked with letters indicating where each Courtier was to be seated."

- K Kaiser/King...
- F Fürst/Prince
- P Pferdeknecht / Ostler
- V Vassal
- E Edeling / Ehrengast / Guest of Honor
- B Bannerträger / Standard Bearer
- S Schatzkanzler / Chancellor of Exchequer
- R Ritter / Knight
- M Meier / Steward
- H Hofsmarschall / Lord Chancellor

But where are A, X and C??? The center line was added for the 1920 Olympics so the judges had a common map to make the judging consistent.

www.TheDigitalHorse.com



Beverly Rogers

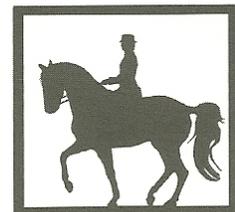
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Lexington, KY - The United States Equestrian Federation (USEF) and the USEF Dressage High Performance Committee are pleased to announce a new recognition award for dressage athletes. The USEF Gold Medal of Distinction will honor athletes who have represented the United States in top-level dressage competition and earned Team or Individual medals or have accumulated multiple top placings, both in the United States and abroad.

Eligible athletes will be presented with a custom-designed gold pin and active competitors will be encouraged to wear the pin on their shadbelly coats when in the show arena.

The first presentation for the USEF Gold Medals of Distinction will be on the evening of Saturday, June 14, at the USET Foundation Headquarters in Gladstone, NJ, during the U.S. Dressage Festival of Champions presented by The Dutta Corp. Currently, 17 athletes have met the criteria to be awarded this prestigious honor.

To be awarded the USEF Gold Medal of Distinction, a dressage athlete must meet at least one of the following five requirements:

- A member of a medal-winning U.S. Team at either an Olympic Games or FEI World Equestrian Games. This criterion is retroactive.
- An athlete who has won an Individual medal for the United States at either an Olympic Games or FEI World Equestrian Games. This criterion is retroactive.
- An athlete who has won an Individual medal for the United States at the FEI World Cup Dressage Finals. This criterion is retroactive.
- An athlete who has won 10 Grand Prix classes in CDI3* or above, and has placed three or more times in the Top 10 at a CDI3* or above outside of North America with a score of 70% or higher. This criterion only applies to wins in the FEI Grand Prix Test and is not retroactive.
- A medal may be awarded at the discretion of the USEF Dressage High Performance Committee.

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Arizona Dressage Association
MOUNTAIN AIR DRESSAGE (Level 2 Show) – August 16, 2014 and
DRESSAGE IN THE PINES (Level 2 Show) - August 17, 2014
 Grandstands/Rodeo Arena, Fort Tuthill County Park, Flagstaff Arizona

STABLING: *Prices apply to Horse or Tack Stall. No bedding included. All horses on site over night must be stabled.*

Stalls will not be reserved until entries are received by the Show Secretary.

Stable Groups: If you are requesting to be stabled with a group, please provide the Show Secretary with only ONE name (either individual or Trainer barn) for entire group. Inform the show secretary of stabling requirements when submitting entries (i.e., stallions).

Late entries with stabling location requests will be honored, if possible. However, late entries may not be stabled with their requested group after barn charts have been finalized and submitted to the venue.

Stables: Permanent 10 x 12 stalls with doors.

Shavings: The ADA contract with Coconino County Parks and Recreation (CCPR) specifies that if shavings are available, they must be purchased at the venue from the on-site Fort Tuthill Stable Manager.

Two-Show Package per Stall. Include with Mountain Air Entry	\$110 Friday check in after 8:00 am through Sunday 6:00 pm
Single show Mountain Air Dressage	\$80 for Friday (8:00 am) through Saturday (6:00 pm)
Single show Dressage in the Pines	\$80 for Saturday (8:00 am) through Sunday (6:00 pm)
Additional Nights, if allowed. Contact Show Secretary	\$45
Day Stall per day	\$50 – 7:00am-6:00 pm
Trailer-in per day	\$35 - do not pay if you've paid for stabling or a day stall

- Inform the show secretary of stabling requirements when submitting entries. Location requests will be noted, but show management cannot guarantee that your horse will be assigned the requested barn or location.
- **Competitors arriving after 6:00 PM must contact the Barn Manager to make arrangements for stall access.**
- **Early arrivals:** Thursday, check in after 12:00 noon (include one additional night stabling fee). No ADA arena riding available.
- Smoking is prohibited in stall areas.
- Use sharps containers provided in barns. Competition management may fine any individuals including trainers, owners, exhibitors, or their agents up to \$100 for improper disposal of needles or other sharp disposable instruments.

Arrival Day(s): All USEF and local rules are in effect upon entering the show grounds. This includes arrival day(s).

Ride Times: Preliminary ride times and a show schedule will be available on ADA's website, www.azdressage.org. Final ride times will be posted at the show by noon, Friday. It is the exhibitor's responsibility to verify final ride times at the show. Please notify the show secretary of any scheduling conflicts. Ride times will be mailed only if you include a #10 SASE.

Arenas: Competition and warm-up arenas are cinder/sand/dirt mixture. All tests ridden in 20 x 60m arenas. During the show, competition arenas will be open for hand walking only outside the dressage court up to one half hour prior to the start of the first class, and mounted schooling is allowed in competition arenas after the end of each competition day.

Awards: Test of Choice class placing will be determined by division, by percentage ranking, regardless of which test is ridden within each class. Freestyle classes are pinned Open by level.

Dressage in the Pines Dressage Awards: Ribbons awarded through 6th place for Open, AA and Jr/YR Divisions. No Prizes. No high points.

Mountain Air Dressage Awards: First-place prize and ribbon for Open, AA and Jr/YR Divisions. Ribbons awarded through 6th place.

High Point Awards:

O, AA, and JR/YR Divisions: USEF combined Training through Second Levels (single highest score); USEF combined Third and Fourth Levels (single highest score); FEI all levels combined (single highest score).

Open Division: With a minimum of 3 Freestyle rides - USEF/FEI Freestyles all levels combined (single highest score)

Scores from Para Equestrian, Intro, Opportunity, Equitation, Rider, Pony or Young Horse (4, 5, 6 year old), Brentina or Developing Horse classes do not count towards High Points. Scores for ADA Futurity, State or Regional Championships do not count towards High Points.

Directions: Ft. Tuthill County Park: From I-17 south of Flagstaff, take Exit 337 (Airport/Fairgrounds) and go west into the Fairgrounds. For more information, go to www.coconino.az.gov/parks.aspx.

Concessions: Available on the grounds.

Other: Limited RV hookups and camping are available at Fort Tuthill County Park Campground. Call 928-774-3464 for Campground information or reservations. RV parking in stable area is first-come, first-served - \$16 per night paid to CCPR at Stable Manager Office.

RV: <http://www2.coconino.az.gov/parks.aspx?id=410>

Pets: All Pets must be on a leash attached to a person. **USEF GR1301.6 and Operation of Motorized Vehicles: USEF GR1301.7.** These rules appear in the USEF Rules section of this prize list.





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2014



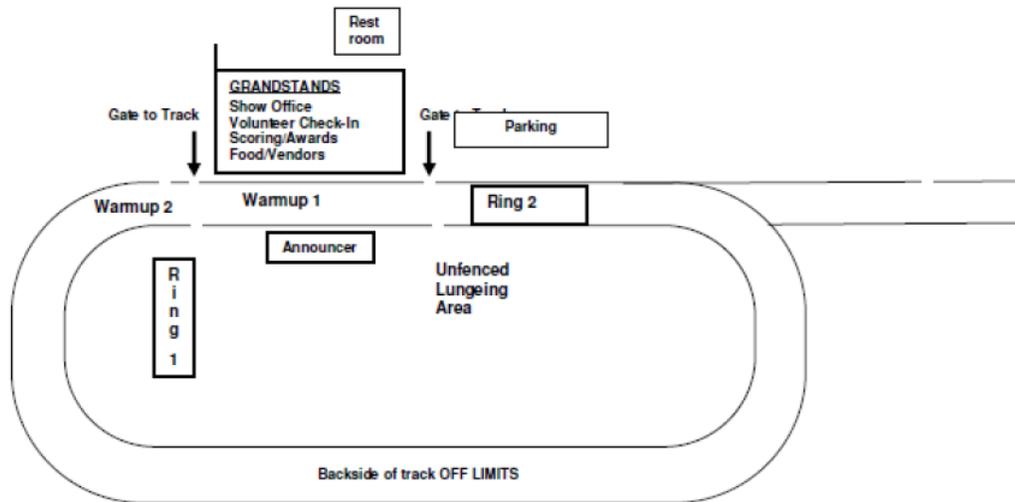
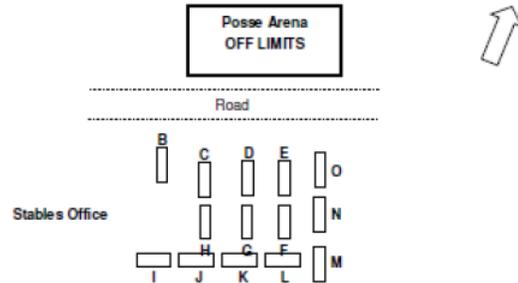
Fort Tuthill County Park Racetrack Facility

Arizona Dressage Association Shows – Fort Tuthill County Park

Show Manager: Jay Chabucos C: 623 221 0707
 Show Secretary: Sue Plasman C: 602 463 2505
 Barn Manager: Tanya Missureli C: 602 616 5727
 Food Concession: Ro & Joe's Express Catering,
 Breakfast 7:30 am – 10:00 am
 Lunch 10:30 - ???

Directions:

I-17 Exit 337
 Fort Tuthill is located less than five miles south of Flagstaff, Arizona.
 From I-17 south of Flagstaff, take Exit 337 (airport/Fairgrounds) and go west into the Fairgrounds. Follow the Fairgrounds road to the right and you will see the Grandstands building.



Rev 1/14/2013



Equine Appraisals
 Southwest Dressage
 and
 Sport Horse Appraisals

Carol Kessler

Phone: 602-690-1943 ASEA Certified Appraiser #06121
 E-Mail: Carol@Equine-Appraisal.com Web: www.equine-appraisal.com

Attention Volunteers

We have begun recruiting for the Flagstaff shows, August 16th & 17th. If you would like to assist during the shows, please get in touch with Kathy Smith at k.smith@azdressage.org or call me on 623 570 5991.

Hope to hear from you soon!





Weight a Minute!

Posted on [June 28, 2012](#) by [Gayle R.](#)

I received a call from a customer that had just recently transitioned her farm from a mill mix to Safe Choice. We had delivered 4 tons of bulk feed to her farm. She was very upset that after 3 weeks on the feed the bin was almost empty. She was convinced that the delivery truck had mistakenly only delivered 3 ton of feed.

I contacted the freight company and our plant, both weight tickets confirmed a little over 4 tons of feed were delivered. I then went out to visit the farm.

I talked with the farm owner and manager and reviewed the dietary program we had established for the horses. All of them looked good, and some had put on additional weight in the three weeks on the feed.

The manager had her notes with the dietary recommendations for each horse, as we had weight taped and body scored all of them. I then asked the manager to show me the feed cart and measures they were using.

She showed me what she believed to be a 3 pound coffee can. She said that she would fill it to the top for the horses needing 3 pounds per feeding. Those only needing two pounds would get the can filled to the second ring. She said it was always accurate with their old mill mix.

I took the coffee can and filled it with feed. When I poured it into my scale it weighed 4 pounds. So in essence the horses were getting about 33% more feed, by weight not volume. This spread over a few weeks accounted for the missing ton of feed!

A small weight scale is a great investment. It can help take the guess work out of feeding and also help you keep your horse healthy!

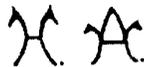


A hanging scale, such as this (dirty) one is helpful to hang a bucket from and weigh feed. Note that the scale has been tared for a bucket.

Valerie Crail

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of
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JULY

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2014



FOR IMMEDIATE RELEASE
Contact: Kathie Robertson (859) 271-7877

USDF Announces Honorary Instructors and Celebrates 25 years of Instructor/Trainer Certification

Lexington, KY (May 29, 2014) – The United States Dressage Federation (USDF) is celebrating the 25th anniversary of the Instructor/Trainer Program and wishes to thank the many volunteers who have contributed to the success of the program, several of whom have been with the program since its creation. Please join USDF during the 2014 Adequan/USDF Annual Convention as we recognize and honor our volunteers and certified instructors.

As part of the celebration, the USDF is pleased to announce the following individuals as Honorary Instructors: Charlotte Bredahl-Baker, Michael Barisone, Sue Blinks, Kathy Connelly, Robert Dover, Jan Ebeling, Michelle Gibson, Lendon Gray, Anne Gribbons, Hilda Gurney, Courtney King-Dye, Carol Lavell, Debbie McDonald, Arlene Page, Steffen Peters, Michael Poulin, Kathleen Raine, Jessica Ranshousen, Gary Rockwell, Guenter Seidel, Betsy Steiner, Christine Traurig, Lisa Wilcox, George Williams, and Linda Zang. These individuals will serve as advisors to the USDF Instructor/Trainer Program.

For more information about the USDF Instructor/Trainer Program, visit the USDF website at www.usdf.org, or contact the USDF office at instructorcertification@usdf.org.

Founded in 1973, the United States Dressage Federation is a nonprofit membership organization dedicated to education, recognition of achievement, and promotion of dressage. For more information about USDF membership or programs, visit www.usdf.org, e-mail usdressage@usdf.org, or call (859) 971-2277.

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Tristan Jade Lloyd

Tristan@TristanJade.com

480-258-1026





BARN RULES

**If you ride it, feed it.
 If it drinks water, give it some
 If you unlock it, lock it back up
 If you open it, close it
 If you borrow it, return it
 If you don't know, ask
 If you lose it, replace it
 If you smoke, DON'T**

**If you leave a mess, clean it up
 If you break it, you pay for it.
 If you turn it on, turn it off
 If you break it, fix it
 If you move it, put it back
 If you throw it down, pick it up
 If you fall off, get back on
 If you drive it, check the oil**

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FEED FOR THOUGHT

FEEDING THE WORKING SENIOR HORSE

By Suzie Middlebrook, B.Sc, Cavalor Nutrition Specialist

As veterinary medicine technologies continue to improve, we are seeing more and more horses entering their twenties and still competing alongside their younger counterparts. Despite their robust appearance, though, these horses often still need additional support to continue their active lives. It is imperative that these senior horses are checked daily and any changes in condition are noted in order to make adjustments to these horses' routines before a problem arises.

One of the more common questions we receive from owners of aged competition horses is, "when do I start feeding a senior feed?" These long-time partners and schoolmasters are often in 5-6 day a week work and still competing at quite a high level of sport in their late teens and early twenties without showing any resemblance to the grayed, out-to-pasture senior horses often depicted on the bags of senior horse feeds. While some of these horses do best maintaining their more performance-centric feeding regime, older horses that are beginning to show signs of aging, such as loss of muscle or reduced coat quality, may benefit from switching to a high quality senior feed. If the horse is beginning to retain their winter coat into the late spring and summer months, it is time to switch them onto a senior feed.

Senior feeds should be highly palatable, easily digestible, high in good quality protein, and low in starches and sugars. Cavalor® Strucomix Senior was designed specifically to have all these characteristics in order to best support the older horse whether they are in work or not.

One of the trickiest aspects of managing older horses is their weight, both overall and in muscle. Generally, these horses seem to fluctuate from an ideal weight in either direction more easily. While some seniors lose a significant amount of weight in the winter months, they often seem to become obese once the spring grass comes in. While an owner may be relieved that their horse recouped the weight so quickly, these large fluctuations in body condition are very taxing on the horse's systems, particularly for bone and metabolic health. Instead, an owner should be proactive and begin adjusting the horse's routine in the month or two before the horse begins to edge to either extreme by either increasing grain ration or buying a muzzle. Crash diets and grain binges are both very hard on the older horse and should be avoided.

To maintain muscle, one of the best things to do is to prevent muscle loss through lack of work or nutritional support. While a young horse will greatly benefit from some time out in the field after a taxing competition season, an older horse may do better in a resting program where they are lightly maintained, such as regular hill work at the walk or some low-level dressage work. Incorporating Cavalor® Muscle Force, a muscle

building product, into the diet will also help prevent the loss of existing muscle.

There are other characteristics of the older horse one should regularly observe to best support them as they age. The first is dental health. If the older horse begins quidding (a behavior where the horse balls up feed in its cheeks while eating), then a professional should be sought to address this issue. That being said, while a horse's teeth continue to grow throughout their lives, the rate of growth slows down considerably when the horse is a teenager. While it is easy enough to address some dental issues in a younger horse, such as a wave in the molars, an equine dental professional must be more conservative when addressing these issues in the older horse since the teeth grow so much more slowly. At a certain point, what is present is essentially what the horse will have for the rest of their life. Any large corrections done at that point may very well reduce the horse's quality and length of life considerably. The best way to avoid this is by regular yearly upkeep of your horse's teeth on an annual basis throughout their lives.

A second key trait to watch for in the older horse is hoof quality. Often times, any horizontal ridges generally indicate some disturbance in the microbiological health in the hindgut, which may be a precursor to a laminitic episode. In addition to minimizing the impact though feed and hay changes by altering the diet slowing, some additional support for the hindgut in the form of pre- and probiotics, like those found in Cavalor® Vitaflor 365, may be very helpful.





Foster Program

Sometimes the greatest gift you can give an animal is time, love and a place to call home. When you become a foster hero for the Arizona Humane Society, you are giving a second chance to an animal who needs temporary respite from the shelter as they heal from injury or illness. AHS provides the pet supplies and medical treatment for the pets, all you need to do is shower them with TLC.

Fostering is an amazing way to help save animals, and you can involve the whole family! For more information on fostering, please call 602-997-7585 x2059.

Arizona Humane Society
Sunnyslope Campus
9226 N. 13th Ave.
Phoenix, AZ 85021





JULY

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2014



Prevention, dietary adjustment show promise in fending off joint pain in young horses

Writer: Blair Fannin, 979-845-2259, b-fannin@tamu.edu

Contact: Dr. Josie Coverdale, 979-862-3654, jcover@tamu.edu

COLLEGE STATION – A series of studies by researchers in the department of animal science at Texas A&M University suggest prevention is the best solution to prevent arthritis in young quarter horses.

Dr. Josie Coverdale, associate professor in equine science, and Dr. Jessica Lucia, a former graduate student under Coverdale and now a professor at Sam Houston State University, found use of anti-inflammatory aids mixed with daily rations can help decrease joint inflammation in young horses.

“Arthritis is one of the most common reasons we retire horses, and this study shows that prevention of joint damage in early training may be possible through diet,” Coverdale said. “It’s pretty clear the damage comes during early training and that damage often leads to arthritis later in life. A lot of pharmaceuticals are given to treat pain, but few actually help repair the cartilage. We went with the premise that prevention is the best approach rather than trying to treat an existing condition.”

Coverdale said they used the horse production herd at Texas A&M to develop the model and test several diet additives. Lucia read through numerous journals and read a study that used LPS (lipopolysaccharide) injected into the joint for induction of localized inflammation in horses.

“We came across LPS, which has been used in older horses, but not younger horses,” she said. “LPS is the inflammatory part of *E. coli*, which can be injected using a sterile solution. The beauty of that method is you inject it in the knee and in 24 hours you get pretty quick swelling that is associated with cartilage turnover and related pain.”

This allowed researchers to study the inflammation and breakdown of cartilage over time and mimic the progression of inflammation and cartilage changes associated with intense exercise.

“This initial model study showed us the pattern of inflammation and isolated appropriate markers to measure cartilage breakdown using joint fluid removed from the knee at various time points,” Coverdale said.

Dr. Josie Coverdale, associate professor of equine science in the department of animal science at Texas A&M University.

Once the LPS model was established to predictably cause joint inflammation, Coverdale said, different dietary strategies were used to try to decrease the amount of inflammation, which included anti-inflammatory dietary supplements such as glucosamine - commonly used by men and women runners to aid in building back damaged cartilage.

Coverdale said previous data with glucosamine supplementation was “hit or miss with adult horses,” but they wanted to see for themselves and test the theory that prevention in young horses was easier than treating arthritis in the adult.

“We found that it tended to increase new cartilage production and decrease the breakdown of existing cartilage, which was good,” she said.

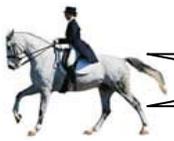
Thirty milligrams of glucosamine per kilogram of body weight was given to the study horses, Coverdale said. “We certainly got a positive response, which was what we wanted,” she said.

Another component of Coverdale’s research has been studying conjugated linoleic acid, or CLA, which “is fairly similar to glucosamine in that there are documented anti-inflammatory effects, which may be used to remediate and repair cartilage in joints.”

“Horses receiving supplemental CLA tended to exhibit greater repair of their cartilage when injected with LPS rather than break it down,” she said. “Two percent of the diet was given in the CLA and that can be economically feasible for horse owners.”

The research group has also evaluated horses at varying ages to determine the response to LPS based on age. They concluded that young horses were more likely to synthesize new cartilage in response to inflammation while older horses were more likely to experience cartilage degradation or damage.





“This further illustrates that dietary intervention provided to young horses in training to prevent joint damage may yield the best results,” she said. “With all four of these projects it confirmed that intervening during times of early growth and training with some of these dietary additives is worth it. Waiting on down the line as the horse ages is probably too late. Most people are waiting until they see symptoms in these adult horses and by then it is too late.

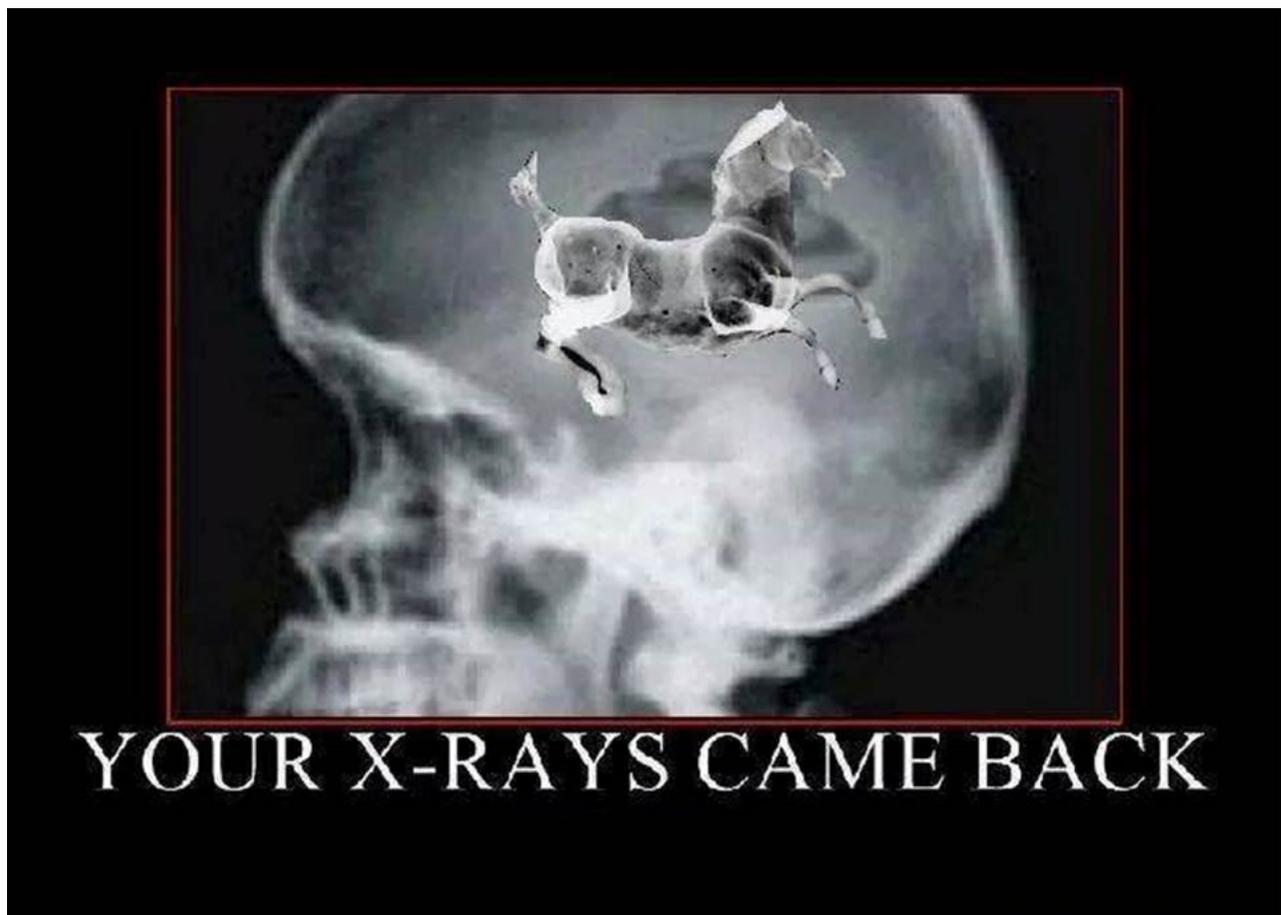
“It’s more cost effective and beneficial to do this early. Using it as a prevention method is much better.” Coverdale also praised the collaborative efforts of other researchers at Texas A&M, including Dr. Tom Welsh, a professor of physiology in the department of animal science, and Texas A&M College of Veterinary Medicine researchers Caroline Arnold and Robin Dabareiner.

“These types of projects truly represent what being an Aggie is all about – the function of a group with varied interests to develop research projects that answer real world questions and provide high-quality training of students. Everyone brought something to the table and contributed their expertise to the group.”

Coverdale said the research projects also helped Lucia win graduate student competitions at two different Equine Science Society meetings.

“The initial project to develop the LPS model was funded by the H. Patricia Link Quasi-Endowment funds in the department of animal science,” she said. “This funding was pivotal in furthering the research efforts and helped generate interest from other funding sources such as Cargill Animal Nutrition and the American Quarter Horse Association.

“The whole premise of the Link funds is to help researchers develop a model or provide preliminary research data to support further funding efforts. This was a perfect example of how this can work.”





JULY

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2014



Calendar of Events

July 2014

14: ADA Meeting, Location Home of Jill Graf
27: NAC Schooling Show Series, New Location American Ranch Equestrian Center, Prescott, Secretary Lynn Simpson jlsmes48@gmail.com

August 2014

11: ADA Meeting, Location TBD
16-17: ADA Mountain Air Dressage and ADA Dressage in the Pines, Location Coconino County Fairgrounds Racetrack (Fort Tuthill) Judges Dinah Babcock "S" and Fran Dearing-Kerr "S", Manager Jay Chabucos 623 221 0707 JayChabucos@gmail.com, Secretary Sue Plasman 602 463 2505 splasman@comcast.net

September 2014

8: ADA Meeting, Location TBD
18-21: USDF Region 5 Championships Location Colorado Horse Park, Parker, CO, Judges TBD
28: NAC Schooling Show Series, New Location American Ranch Equestrian Center, Prescott, Secretary Lynn Simpson jlsmes48@gmail.com

October 2014

10-12: Members Only Schooling Show and Open Schooling Show, WestWorld, Contact Nathalie Eikel-Baughman 480-231-4587
12: CFF Schooling Days, Location Carefree Farms, Judge TBD, Contact Laura Borghesani laura.borghesani@gmail.com <http://carefreefarms.net/clinicsschoolingevents.html>
13: ADA Meeting, Location TBD
20-21: Tracey Lert clinic. riders and auditors welcome, call Jenny 623-935-3267

November 2014

1-2: ADA Fall Fiesta, Location WestWorld, Judges Dolly Hannon "S", Debbie Riehl-Rodriguez "S", Sue Kolstad "S", Manager Jay Chabucos 623 221 0707 JayChabucos@gmail.com, Secretary Sue Plasman 602 463 2505 splasman@comcast.net
10: ADA Meeting, Location TBD
22-23: TDC Fall Festival I and II and State Championships, Location Pima County Fairgrounds, Judges Charlotte Bredahl "S", Charlotte Trentelman "S", TBA, Manager Jay Chabucos 623 221 0707 JayChabucos@gmail.com, Secretary Dian Seabury dfseabury@gmail.com
23: CFF Schooling Days, Location Carefree Farms, Judge TBD, Contact Laura Borghesani laura.borghesani@gmail.com <http://carefreefarms.net/clinicsschoolingevents.html>
TBA: Henrik Johanson "Positive Riding" Clinic Equus Dressage, Scottsdale, AZ, Auditors and Riders of all levels welcome. Check out Henrik's Webpage at www.positiveriding.com for excellent tips for trainers and riders alike. Contact Tami George 1-800-231-0670 jeta@northlink.com

December 2014

8: ADA Meeting, Location TBD
14: CFF Schooling Days, Location Carefree Farms, Judge TBD, Contact Laura Borghesani laura.borghesani@gmail.com <http://carefreefarms.net/clinicsschoolingevents.html>
8: ADA Meeting, Location TBD
18-21: USDF Region 5 Championships Location Colorado Horse Park, Parker, CO, Judges TBD
28: NAC Schooling Show Series, New Location American Ranch Equestrian Center, Prescott, Secretary Lynn Simpson jlsmes48@gmail.com

January 2015

4: CFF Schooling Days, Location Carefree Farms, Judge TBD, Contact Laura Borghesani laura.borghesani@gmail.com <http://carefreefarms.net/clinicsschoolingevents.html>

TBD: TDC Winter Heat I & II

February 2015

15: CFF Schooling Days, Location Carefree Farms, Judge TBD, Contact Laura Borghesani laura.borghesani@gmail.com <http://carefreefarms.net/clinicsschoolingevents.html>

TBD: ADA Fun in February

March 2015

TBD: TDC March Madness I & II

April 2015

TBD: ADA Spring Celebration
15-19: FEI World Cup Finals, Las Vegas

May 2015

June 2015

July 2015

August 2015

TBD: ADA Mountain Air Dressage and ADA Dressage in the Pines

September 2015

October 2015

9-11: ABIG/USDF Region 5 Championships/ADA Fall Fiesta, WestWorld, Show Manager Jay Chabucos JayChabucos@gmail.com 623 221 0707, Secretary Sue Plasman splasman@comcast.net 602 463 2505

November 2015

TBD: ADA Fall Fiesta

TBD: TDC Fall Festival I & II and State Championships

December 2015





JULY

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2014



Northern Arizona Chapter of ADA 2014



Pronghorn Series Dressage Schooling Show

- Sunday **May 18, 2014** Judge: Michele Combs "L" Closing Date: Sat. May 10, 2014
 - Sunday **July 27, 2014** Judge: Lois Whittington "L" Closing date: Sat. July 19, 2014
 - Sunday **Sept 28, 2014** Judge: Valerie Crail "R" Closing date: Sat. Sept 20, 2014
- (CHECK Show date)

New Location: American Ranch, N Williamson Valley Rd., Prescott, AZ

Classes Offered - Check the class(es) you wish to enter

Division: (required) ___ AA ___ JR ___ Open ___ Vintage (rider 60+ only)

Dressage: (** New tests posted on www.nacofada.com)

Intro: ___ A ___ B ___ C **Training:** ___ 1 ___ 2 ___ 3 **First:** ___ 1 ___ 2 ___ 3

Second: ___ 1 ___ 2 ___ 3 **Third:** ___ 1 ___ 2 ___ 3 **Fourth:** ___ 1 ___ 2 ___ 3

Other test of choice: (please specify) _____

****Prix Caprilli:** ___ 1 ___ 2 **USEF RiderTest**(please specify) _____

Western Dressage:

Intro: ___ 1 ___ 2 ___ 3 ___ 4 **Basic:** ___ 1 ___ 2 ___ 3 ___ 4

Level 1: ___ 1 ___ 2 ___ 3 ___ 4 **Level 2:** ___ 1 ___ 2 ___ 3 ___ 4

MISC Classes:

Leadline: (10yr and under) ___ ****NAC Walk Test:**(All ages) ___ A ___ B

→ **One horse/rider per Entry form please**

Fees: Leadline \$10 - Regular classes \$15ea - Championship (last show only) \$20ea **Total enclosed** _____

Make check to NAC of ADA

Non-member fee: NAC of ADA or ADA non members: ___ \$10/show or ___ \$25 for the season (Under 10yr \$5 and \$15)

Attire: See rules on back of entry. **HELMET MUST BE WORN WHENEVER MOUNTED**

Rules: USEF rules apply except as noted on back of entry

Stabling: \$25 /day Call Sue Crampton directly for availability and instructions 928-925-6043

Stabling is handled separately from the show. Make a separate check out to AREF for stabling

Horse: _____ **Email** _____

Ride times sent by email (or phone if no email)

Rider:: _____ **Phone** (_____) _____

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Waiver of Liability: I understand that by signing this entry I acknowledge that I am aware of the inherent risks associated with equine activities and accept full responsibility for any injury to myself or my death that may occur during this show under A.R.S 12-553. I understand that if I am signing as the parent or legal guardian of a minor rider (under age 18) that I am releasing all claims that the minor child may have against Platinum Ranch, its owners, its employees, the show management, paid workers, volunteers, and the Arizona Dressage Associations for the injury to the minor or the minor's death under A.R.S 12-553. I, my heirs, executors and administrations also agree to waive all claims for property damage, injury to me, attendants or horses that arise from participation at this show. I further agree to be bound by the rules under which these shows are conducted. The entrant will release and hold harmless Platinum Ranch from any liability sustained on the show dates

Rider's Signature _____ **Print Rider's Name** _____ **Date** _____

Owner's/Agent Signature: _____ **Print Name:** _____

Parent/Guardian Signature: _____ **Print Name:** _____

PLEASE NOTE – The American Ranch does not allow dogs.

Both sides of this entry must be read and signed





2014 PRONGHORN SCHOOLING SHOW RULES

These schooling shows are put on by NAC for the benefit of its members and the community. Show policies are set by NAC and the shows are subject to the show management's discretion. The show management reserves the right to call for the removal from the show grounds of any horse or rider that jeopardizes the safety of any horse, rider, spectator or other attending party, or of any horse deemed unmanageable and/or a danger to itself or others.

Adult Amateur and Junior/Young Riders in Training through FEI, will qualify for the Championship Class if they receive two qualifying scores as listed below in front of two different judges, or if they place first or second in their class division (AA or Jr./YR) with a score of 55% or above in front of two different judges. Although Open riders are always welcome at NAC Schooling Shows, there will be no Championship Classes for Open riders.

There must be 2 or more qualified riders in each division, Adult Amateur and Junior/Young Rider, for the Championship Class to be held at that level in that division. AA and Jr./YR Championship Classes may be combined and pinned as a single class at management's discretion. No whips or readers are allowed in Championship classes. The minimum score for pinning in Championship classes is 50%. Full Show Dressage attire is encouraged. The highest test in each level will be ridden.

QUALIFYING SCORES (Adult and Junior)

Training Level	59%
First Level	59%
Second Level	58%
Third and above	56%

It is the obligation of riders qualified for Championship Classes to submit qualifying tests along with their entry form to ride in Championship Classes.

Different riders may ride the same horse in the same level and test as long as they are in separate divisions.

US Equestrian Dressage Division Regulations are followed with the exception of dress requirements. Exceptions are: Jackets are not required; if a jacket is not worn, a short or long sleeve shirt with a collar is required; stock tie or choker is optional; tall boots or paddock boots, with or without chaps, are required.

Effective March 1, 2011, for dressage: *Anyone mounted on a horse must wear protective headgear except those riders age 18 and over while on horses that are competing only in FEI levels and tests at the Prix St. Georges level and above (including FEI Young Rider Tests, the USEF Developing Prix St. Georges Test and the USEF Brentina Cup Test). Protective headgear is defined as a riding helmet which meets or exceeds ASTM (American Society for Testing and Materials)/SEI (Safety Equipment Institute) standards for equestrian use and carries the SEI tag. The headgear and harness must be secured and properly fitted. Any rider violating this rule at any time must immediately be prohibited from further riding until such headgear is properly in place. This includes non-competing riders as well as those competing at any level.*

Riders are advised that equipment may be checked, including whip length and bits.

No entry fees will be refunded unless cancellations are received by the closing date for that show. At management's discretion, if a horse/rider combination is scratched due to severe lameness, illness or other serious reason after the closing date, the entry fee may be held over to the next show. If not used at the next show, the entry fee will be dead and not refunded.

I have read the NAC Schooling Show Rules and Regulations and accept and agree to abide by them.

Signature _____

Date _____

**PLEASE NOTE – American Ranch does not allow dogs.
Food & Beverage will NOT be for sale on the show grounds.**

Both sides of this entry must be read and signed





ARIZONA DRESSAGE ASSOCIATION

2014 Membership Application December 1, 2013 - November 30, 2014

PRIMARY MEMBER INFORMATION

Check Membership Type: [] Renewal [] New Membership [] NAC (Must Select to be NAC)
Current USDF # _____ (If Applicable)

Name (print clearly) _____ Date of Birth (____/____/____)
Address _____ City _____ State _____ Zip _____
Home Phone _____ Work Phone _____ Cell Phone _____
E-Mail _____
Signature (required) _____ Date _____
Seasonal address (I will be at this address from _____ to _____)
Address _____ City _____ State _____ Zip _____
Home Phone _____ Cell Phone _____
Opt-in to receive important ADA show, clinic and membership information > E-Mail _____
[] Check here for Electronic Centerline Only—No Paper Copy—(Contact enews@azdressage.org to Change Selection Any Time)

JUNIOR /YOUNG RIDER MEMBERSHIP: (one vote) Date of Birth (____/____/____) under 22

FAMILY MEMBERSHIP: Only the PRIMARY FAMILY MEMBER gets one ADA vote and is eligible for all ADA annual awards.
Every ADA FAMILY Member gets a USDF Group Membership with the additional fee.

Primary Family Member Name _____ Date of Birth (____/____/____)
Supporting Family Member #1 Name _____ Date of Birth (____/____/____)
Supporting Family Member #2 Name _____ Date of Birth (____/____/____)

- Individual Membership..... \$45.00
[] AA [] JR/YR [] Open
Primary Family Membership..... \$45.00
[] AA [] JR/YR [] Open
Each Supporting Family member..... \$23.00
#1 [] AA [] JR/YR [] Open
#2 [] AA [] JR/YR [] Open
[] Centerline Subscription Only \$30.00
(no ADA/USDF membership)
[] ADA donation (optional).....\$ 9.00
(for AA & O 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
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TOTAL enclosed \$ _____

Make checks payable to: ADA
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8877 N 107th Ave, Suite 302-238
Peoria, AZ 85345
Or Scan/Email to: Membership@azdressage.org

HELP WANTED ADA is a Volunteer Organization.
Volunteering required for Scholarship

- Please check the areas where you are willing to help:
[] Horse Shows [] Newsletter [] Clinic Activities
[] Membership [] Board Member
[] Annual Awards [] Selection Committees
[] Provide Arena [] Fund Raising
[] Hospitality (home) [] Public Relations
[] Other _____

Use your Visa, MC or Discover to join ADA



Card # _____
Expiration Date _____ (mm/yy) CVV# _____
Billing Zip Code _____
Signature _____



"To Promote the Advancement of Classical Dressage through Education"

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apparel and tack...

SAVE BIG with **CLEARANCE
PRICING** below our cost on
discontinued styles.

