

Failure

Susan Downs Parrish, Ph.D.

In the words of Ralph Reitan, Ph.D., internationally acclaimed neuropsychologist, "You learn far more from your failures than from your successes." I'm fortunate enough to call myself Ralph's student. He has many. The first time I heard these words, I groaned. Failure is painful. This summer I rode Maronda in the Road Runner I and II Shows. We had four shots at Fourth Level, Test 3. Boy did I learn a lot!

Something about the Pima County Fairgrounds indoor arena unnerves Maronda. To be precise, she's okay if the ring is set up with the orientation of letter A being on the west end, but turn the ring by one-eighty, so A is at the east end, and forget it. In case you're wondering how I know this, I've ridden in this arena twice before with A at the east end. Previously, it took a little convincing, but she got over her jitters.

In June at Road Runner I, I was lucky to get to within thirty feet of C. The show didn't go well for us. Okay, so no big deal. Road Runner II was a month away—a chance to redeem ourselves. At home, I changed the orientation of the ring. Letter A moved to the west end, and I put every scary thing I could think of on the east end at C. No problem! My constructions piqued Maronda's curiosity, but she didn't question my authority. She as much as said, "Oh, Susan, you're so funny."

As the middle of July approached, visions of scores nearing the elusive seventy percent danced in my head. Don't blame me for my optimism. I inherited the gene from my mother who is disgustingly optimistic. On Friday, July 11th, we were among the first to arrive. I was eager to get in the arena to sample Maronda's attitude. Would she be OMG

or eh, no big deal? Tacked up and in the saddle, we headed for the arena under the ramada. Her response: eh. My response: oh good. Then, the real test: We spent the next hour working our way around the path circling the indoor arena where the competition dressage ring would sit. Her attitude: OMG! My attitude: We have time.

I'll skip the boring details of the hour. With much patience on my part, we managed to make it to the west end on each side of the arena. We took a lunch break, then tacked up again and went into the arena, staying out of the way of Rosemary Gordon Pánuco, the show manager, who was busy setting up the ring. Maronda was uneasy, but she didn't shiver and shake as she did at Road Runner I. I ratcheted down my expectations. The middle sixties would be acceptable. Ralph's words had yet to ring in my ears.

By the time we left the Fairgrounds on Sunday, I was happy to end the day with a score in the middle fifties. When I say happy, I mean really happy. Maronda went from "OMG" to "okay if you say so, but I'm telling you those women seated at the table on the platform (the judge, the scribe, and another) can't be trusted."



Continued on Page 6

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. 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.

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Region 5 Message

Congratulations to our 2014 NAJYRC teams! These girls worked very hard to qualify for the teams this year and we are very proud of them. Good luck in Kentucky!! Many thanks to those coming along to help and all the families and coaches of each of the riders. We couldn't do it without you.

Region 5 Young Riders – Chef d' Equipe, Heather Petersen
Devon Wycoff / Power Play
Erin McHenry / Bailando

Region 5 Junior – Chef d'Equipe, Joan Clay
Inga Fuengerlings / Milo
Lauren Asher / Lysias

Congratulations to members of our Region who may also qualify for the USEF Young Horse and Developing Horse Championships – Unfortunately we don't know those finalists as we go to print!

And one more – Way to Go Devon Wycoff and Power Play on your **third place** finish at the Gladstone Festival of Champions in the Young Rider Division!!

Another reminder of several important **DEADLINES** that 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 nominations are open for [Newsletter Awards](#), [Website Awards](#), and [Photography Awards](#). Don't forget that all nominations are due to the USDF office by **August 31**. See the nomination forms for detailed information.
 - o Regional GMO Volunteer of the Year nominations can be submitted by any participating member, group member or the Region Director.
 - o 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 3-6, 2014 in Cambridge Massachusetts.

Please mark your calendars for our Region 5 sponsored events and plan to join us:

- o USDF/Great American Region 5 Championships – September 18-21, 2014. Parker, Colorado.
- USDF/Great American Region 5 Championships – October 9-11, 2015. Scottsdale, Arizona.

Till next month!
Heather Petersen

Region 5 Director





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2014



MINUTES

ARIZONA DRESSAGE ASSOCIATION

Regular Meeting

July 14, 2014 Draft Minutes www.azdressage.org

The meeting was called to order at 6:40 p.m.

1. **Directors Present:** Cindy Hitchcock, Kathy Smith, Cynthia Ganem, Anne Buchanan, Sarah Lindsten, Jill Graf, Heather Bilodeau, Sue Leutwyler, Michell Combs, Betty Drake.
2. **Directors/Alternate Directors Absent:** Carolyn Haskell.
3. **Guests:** None
4. **Chairpersons of Standing Committees:** Bobbie Lynn McKee.

Officer's Reports:

5. **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.
6. **Treasurer's and Finance Report – June, 2014:** Operating Acct. - \$17,972.51; Reserve Acct. - \$66,307.65; Credit Card Acct. -\$6,072.36; ADA CD - \$11,417.02; Pantano CD - \$11,417.02; Cash - \$1,750.63.
7. **Board Resignation - MOTION:** Michell Combs moved to accept Nathalie Eikel-Baughman's resignation from the Board. VOTE: Unanimous. RESULT: Motion Carried.

Standing Committee Reports:

8. **Membership Committee –**
 - a. As of July 14, 2014: 39 new Members in 2014; ADA/GMO Members: Adults; 31 Junior/Young Riders; 8. 2014 ADA/GMO Members: 294 total. 232 Members renewed in 2014; 213 Adults, 19 Junior/Young Riders. 23 Members returned; 21 Adults, 2 Junior/Young Riders. 111 2013 ADA/GMO Members have not renewed for 2014; 100 Adults, 11 Junior/Young Riders. Bylaw change for Multi-year/Business Membership.
9. **Recognized Shows –**
 - a. Flagstaff Show Update – Show details progressing on schedule.
 - b. Oktoberfest Show Status – Ellie Stine-Masek has been hired to judge and a second judge will be hired.
 - c. New Paid Position – Show Treasurer. Discussion followed. MOTION: Anne Buchanan moved that the ADA pay the Show Treasurer position \$300.00 for a one day show and \$500.00 for a two day show. VOTE: Unanimous. RESULT: Motion Carried. MOTION: Betty Drake proposed an amendment to the previous motion that the ADA pay a range of \$300.00 To \$500.00. VOTE: 9 yay, 1 abstain. RESULT: Motion Carried.
 - d. Memorial sponsorship discussion.
10. **Equipment Committee –** ADA storage locker has been upgraded.
11. **Vendor Chair –** Invitations have been sent to vendors for the Flagstaff shows. Three have expressed interest. A new vendor contact will also be invited.
12. **Education Committee –** Sarah Lindsten has been working on clinic ideas for the fall 2014 season and the year 2015, such as sport horse clinic, scribe clinic, ride with a judge clinic, freestyle clinic, trailer safety clinic. Regional calendar addition to The Centerline discussed.
 - a. Flextime Mounted Education Program – Jill Graf explained the NEDA Flextime program. An informational packet was handed out.
13. **Scholarship Committee –** A re-draft of the scholarship criteria revision was given to the Board.
14. **Juniors/Young Riders Committee Report –** Bobbie Lynn McKee is coordinating the JR/YR's.
15. **Communications Committee –** June Report – **Total Page views:** 29,710; **Average Page views/Day** 990; **Average # Different Computers/Day:** 271. **Most Popular pages:** June eCL, Home Page, Omnibus, February eCL, January eCL, Calendar, Flagstaff Prize Lists, Show Pages. **Most Popular PDF Downloads:** August 2013 eCL, Coconino Scores, AZ Qualifiers with No GMO, AZ Qualifiers by Rider, by Level, June eCL, Omnibus. Sue Leutwyler is working on an ADA brochure.
16. **Schooling Shows Report –** Western Dressage class addition discussion. Ellie Stine-Masek and Julie Sadowsky will judge the Member's Only show.
17. **Awards Committee Report –** Discussion on ribbon change.
18. **Volunteer Committee Report –** NAC hours have been obtained and will be put into the volunteer list.
19. **Fundraising Committee –** Calls have begun for sponsorship at the Flagstaff shows. Two ring sponsors so far. Cavalor will sponsor a portion of the Friday mixer.
20. **Rules Committee -** Terms, amounts, and classifications of Memberships discussion. MOTION: Betty Drake moved that the Board adopt a resolution that the Board recommend, to the Membership, that the Bylaws be amended in accordance with the written proposal hereby submitted. VOTE: Unanimous. RESULT: Motion Carried.

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 August 11, 2014, at the home of Sarah Lindsten.

Adjournment: Meeting adjourned at 8:50 p.m. MOTION: Cynthia Ganem moved to adjourn the meeting. VOTE: Unanimous. RESULT: Motion Carried.





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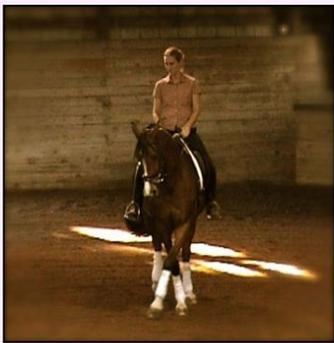
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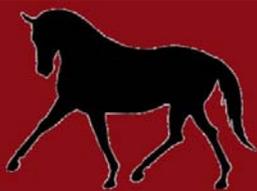
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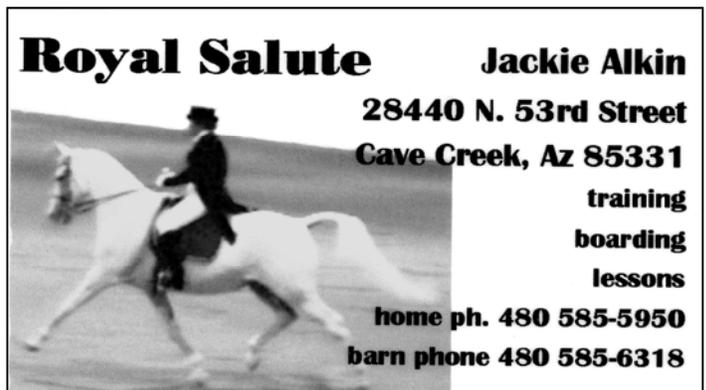
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Dressage Basics

By Hector Carmona, Jr.

It's interesting how in every book and discussed by every trainer the basics are correctly referred to as the foundation from which to build from. And yet we see shortened necks, a balance not properly distributed and a lack of harmony between horse and rider. Seems something even more basic than the so-called basics is missing and/or is not properly addressed.

Generally speaking there is the foundation and from it the progression of the training pyramid. The horse should readily go from foundational up the pyramid to its current level and vice versa. In doing so the rider should always be aware of the quality of the connection with the horse. When coming down the pyramid ladder the communication should be clearer and only clearer to a level of only mental dialogue and an inter play between horse and rider. And so at the very base of the pyramid should be a joyful playfulness towards the training.

This type of dialogue should be present in gathering the items needed for training and intensifies as you get the horse from the pasture or the stall. You must be mindful that you have placed yourself in the presence of another being, namely the horse. The horse's kinship with humans is based in subtlety which we seek in cultivating the communication known as "the aids". If at the most basic level we are noisy with our dialogue in what is visible then we will never develop the sensitivity for the quietness with the invisible. And instead of understanding this most basic of elements so often another exercise is selected which only exacerbates what is missing.

We need to be of the mindset that the horse has more to offer us than us to them. It is about making the necessary adjustments and becoming conscious of how we want the relationship to be. Much is common sense and yet we are so much in the way of the horse's nature and its sensitivity. In cultivating this higher sense of consciousness or awareness we need to go inside ourselves and see who we really are because the horse will be and is a reflection of ourselves. And once we have developed the sense of this quietness, the connection between horse and rider comes from the heart. And this needs to be the very base of the foundation that only grows deeper the higher up the training pyramid horse and rider travel.

Failure

Susan Downs Parrish, Ph.D.

Continued from Page 1

The Monday following the show, we took the day off. On Tuesday, we were back at it. (Perhaps persistence is an offshoot of optimism.) To my surprise, Maronda offered more collection and had a more sensitive go button than before the show. The change might reflect the modifications I made after watching the videos of my rides. I shortened my reins and held my hands low and steady without rounding my shoulders. I also vowed to reread Fourth Level, Test 3. The ending halt is at X, not G. Judge Vicky Stashuk-Matisi penalized me two points for halting at G rather than X. A memorable failure on my part. A mistake I won't make again. I lie awake at night wondering how I came to the conclusion that the final halt was at G.

Did I say I was dead last in the class for which I got my best score? As I said, I learned a lot. Maronda made a new friend, Ecco Domani, ridden by Karlie Lonchar. Ecco stayed in the stall next to us. This mare earned a score of seventy-nine percent in Training Level, Test 2. No, I'm not kidding. Karlie probably wouldn't be interested in Ralph's opinion.

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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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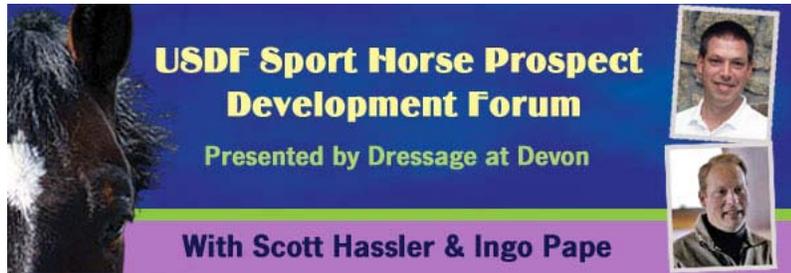




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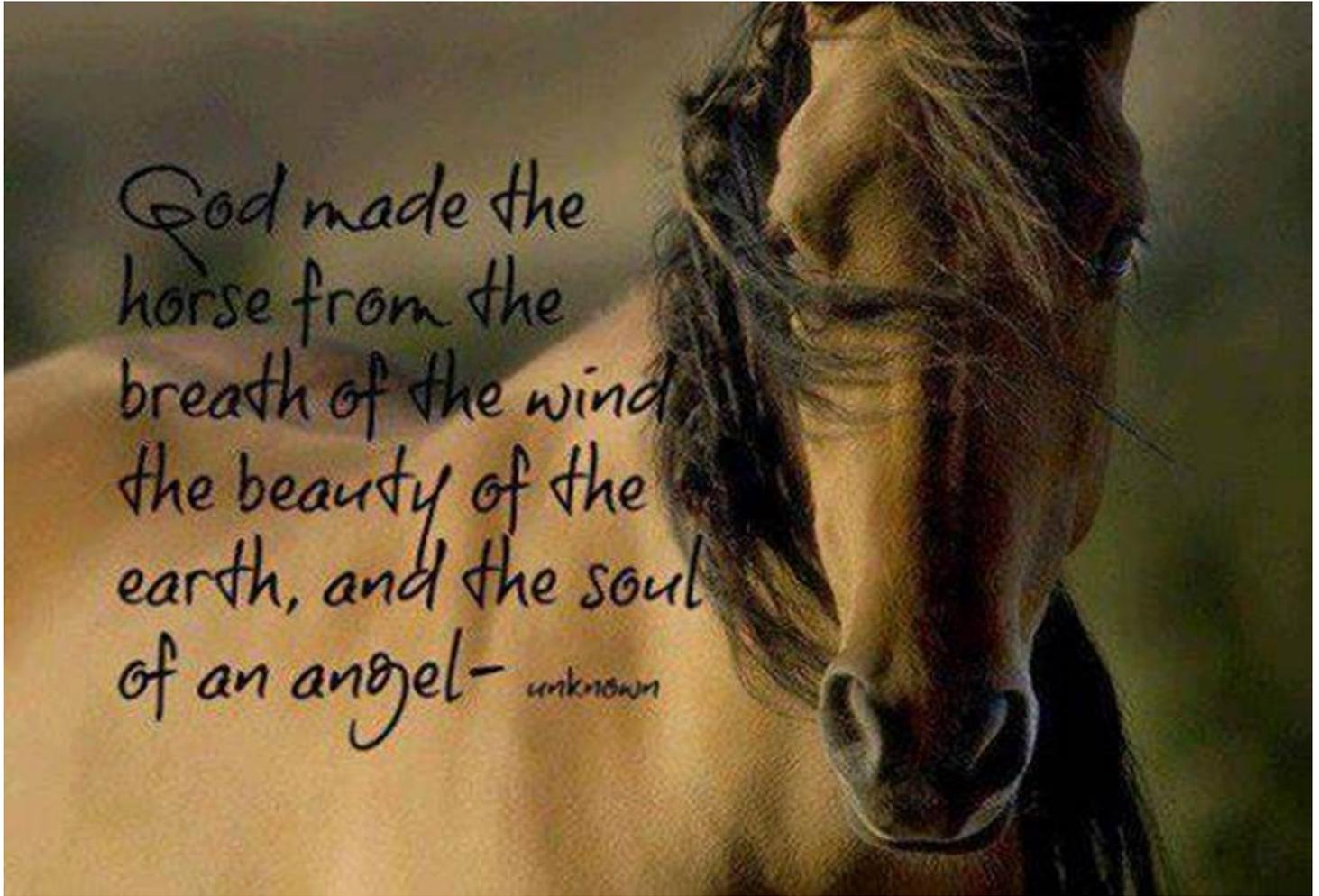




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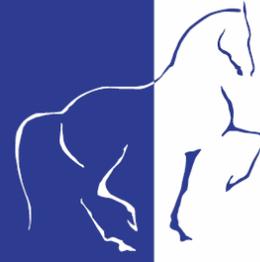
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Barn Tip

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FOR IMMEDIATE RELEASE
Contact: Chelsea Urhahn (859) 971-7360

USDF/Platinum Performance North American Junior and Young Rider Dressage Championships Teams Announced

Lexington, KY (July 11, 2014) - The United States Dressage Federation (USDF) announced today the riders selected to represent the U.S. in the USDF/Platinum Performance North American Junior/Young Rider Dressage Championships (NAJYRDC) at the 2014 Adequan/FEI North American Junior/Young Rider Championships, presented by Gotham North, at The Kentucky Horse Park in Lexington, Kentucky. The championships will be held July 15-20, 2014. A total of 51 juniors and young riders will represent each of USDF's nine regions. The NAJYRDC is the premier equestrian competition in North America for juniors and young riders, age 14-21. Young equestrians come from the United States, Bermuda, Canada, Mexico, Puerto Rico, and the Caribbean Islands to vie for team and individual FEI medals in the three Olympic equestrian disciplines of show jumping, dressage, and eventing, and the FEI World Equestrian Games disciplines of reining and endurance. The competition is run under rules of the FEI (Federation Equestre Internationale), the international governing body for equestrian sport, and is the only FEI championship held annually on this continent.

The following riders and horses will represent the United States on a junior or young rider team from each of the nine USDF regions.

USDF Region 1 Junior Team: Barbara Davis and Feivel Mousekewitz, Katie Lang and FA Patriot, Hannah Bauer and Trustful, Molly Paris and Diamant Sky

USDF Region 1 Young Rider Team: Kaitlyn Lingard and Valentino, Amelia Lyon and Elfen String of Pearls, Arden Wildasin and Mystery Whisper, Clare Green and Watson EH

USDF Region 2 Junior Team: Kerrigan Gluch and Lentisco XVIII, Helen McNulty and Checkmate, Katie Knoechel and Marnix, Meghan Meagher and O'siris D'apardi

USDF Region 2 Young Rider Team: Rosemary Julian-Simoes and Proteus, Rebekah Mingari and Unico, Matthew Manibusan and Hojvangs Moonlight, Kayla Barreau and GP Ubilee

USDF Region 3/6 Junior Team: Natalie Pai and Way Not, Mallory Kent and Okidokie, Rachel Robinson and Ucarius, Emily Park and Pretty Lady

USDF Region 4/5 Junior Team: Elliana Madsen and Robin Hood, Nathan Westfall and Wagnis, Inga Fuengerlings and Milo, Lauren Asher and Lysias

USDF Region 5/6 Young Rider Team: Erin McHenry and Bailando, Devon Wycoff and Power Play, Sarah Cohen and Vicaro Dos Pinhais

USDF Region 6/7 Junior Team: Heather Decent and Norra, Danielle Bonavito and Wyoming, Olivia Zeilinger and Stentano, Lauren Mack and Lada'at

USDF Region 7 Young Rider Team: Anna Buffini and Sundayboy, Lindsey Brewin and Vaillant, Catherine Chamberlain and Verdicci, Cassidy Gallman and Grand Makana

USDF Region 8 Junior Team: Callie O'Connell and Tribaldi, Bobbie Kerr and Alcazar, Nicole Nowak and Deinhardt, Regan Salm and Karat EG

USDF Region 8 Young Rider Team: Elizabeth Fell and Superstarr, Hope Cooper and Don Diamond, Giulia Cohen and Lasserre, Hannah McCabe and Valparaiso

USDF Region 9 Junior Team: Anna Campbell and Liebling, Cassie Schmidt and Velasquer, Bronwyn Cordiak and Dschingis Blue, Allison Cyprus and Madoc Gareth

USDF Region 9 Young Rider Team: Tylin Wittke and Whispering Wind, Kalie Beckers and Carush, Caroline Adams and Uniek, Janet Ashley and Roman B

For complete qualifying results and standings for the USDF/Platinum Performance NAJYRDC, visit the [USDF website](#). Or, for additional information regarding the Adequan FEI North American Junior/Young Rider Championships presented by Gotham North, visit <http://www.youngriders.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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Classified Ads

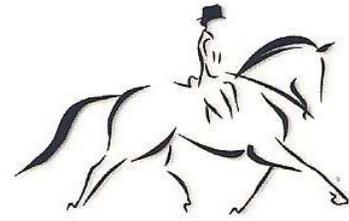
FOR SALE

"Coco" is a lovely **8 year old Oldenburg mare** by Don Graphit, out of Mighty Wings. Recently shown at 2nd level but schooling 3rd, this fancy mare has talent to go all the way to the top! She is extremely sweet on the ground with great stable manners. She would be a fantastic partner for an experienced adult amateur or young rider or an ambitious professional. Please call for price. Located in Glendale. Call Cyndi Jackson [602-689-0952](tel:602-689-0952)



2006 Oldenburg pinto mare out of Sempatico. Dressage. Professionally trained. Shown successfully at 1st level. Very flashy, lovely conformation, excellent gaits. A steal at \$12,000. No vices, trailers very well. Well suited for the serious dressage rider looking for a talented performance horse. Call cheshire at 207-333-2457. <https://www.youtube.com/watch?v=V-aQU9ofEEE&feature=youtu.be>

2006 American Warmblood Registry Frederiksborg Mare Chestnut 16.0 hands Sonatas Stardust by Emperor out of Estell Fuglebjerg by Zorba Schooling Second level. Easy to sit and quiet friendly temperament. Perfect for adult amateur or youth. Contact Dorie Vlatten-Schmitz for details. Price negotiable. Dorie Vlatten-Schmitz at dvschmitz@msn.com or call 480-580-0634

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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.





Nuggets

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 centerline@azdressage.org and they will be considered for publication.

From Susan Parrish

Arthur Kottas-Heldenberg, a former Chief Rider of the Spanish Riding School, has written a new book, *Dressage Solutions: A Rider's Guide*. Kottas was trained by Colonel Alois Podhajsky. He was the youngest First Chief Rider in the history of the School. He retired in 2002. This book covers the fundamentals, and has many excellent pictures. For each movement, common problems are noted and solutions offered. It contains well-diagrammed patterns. His writing is clear and precise.

Letter to the Editor

Dear Editor,
I enjoyed Kim Pribble's article "So Now the Last Charlotte Clinic Notes." I'm a pattern person. The patterns Kim passed along have been helpful to me.

Thanks,
Susan Parrish




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Photographing ADA shows

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!





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Central Arizona Riding Academy

Dorie Vlaten-Schmitz

Uli Schmitz



Have you ever wanted to get help from your favorite clinician in between clinics? Clinic in the Cloud has developed a system to do just that. Now you can ride in one location and your clinician/trainer anywhere else in the world can have an in real time stream and give you instruction. We have been developing this system over the last two years and hope to have it available in the very near future. We have had clinicians from the United States and Europe teach successfully over the system. Arizona riders that would like to use the system now set up at Cara should contact Dorie Vlaten-Schmitz. Currently during the summer we are running early morning lessons and can connect with the clinician of your choice. All the remote instructor needs is a lap top and internet connection. We are happy also to make day stalls available. If you are interested in learning more or taking part in our launch of the system please call 480-580-0634 and we will discuss pricing and logistics. It's easier than you think.

Interested in attending as an auditor or participating in a USDF "L" Program?

This program is a terrific educational opportunity. I am considering running another one here in Arizona and would like to see how much interest we have from Arizona riders.

The "L" Education Program is designed with several goals in mind:

1. Provide trainers, instructors, competitors and spectators' insight into the evaluative techniques of judging dressage.
 2. Prepare and evaluate candidates who wish to pursue entry into the USEF 'r' Judge Training Program.
- Provide continuing education for licensed judges and "L" graduates

If you think you would attend or would like more information, please email Dorie Vlaten-Schmitz at dvschmitz@msn.com or call 480-580-0634

CARA welcomes "Winsome," a healthy colt by the Hanoverian Stallion Wild Dance and out of an the Abdullah mare, Merlot. We're sure he'll live up to his name. This past month we also welcomed two new boarders. Ariel Fisher and her horse Hobbs. Also Kristen Miller and Wally who arrived all the way from Maryland.

"Clinic in the Cloud" continues to improve, allowing CARA to provide remote video lessons with clinicians anywhere in America and Europe. On June 22, Hector Carmona from Sweden taught some early morning lessons to our riders. The emphasis was on communication, lightness and swing over the back. We are looking forward to more internet clinics next month with Hector Carmona, Gerd Zuther, Melonie Kessler and several other clinicians. All riders are welcome to participate in future events.

CARA Summer Camp takes place the last week July 22-26. It will finish with our annual sleep over and a schooling show on July 26th. The show will be open to anyone who would like to ride. We will be starting EARLY. Kids ages 5-16 with or without prior riding experience are welcome. Parents of horse-crazy kids, please contact Dorie to receive more information on this fun, informative



To the Max Dressage
Cyndi Jackson

The Star Spangled Dressage Show in San Juan Capistrano was a nice change in weather from our Phoenix summer. Cyndi Jackson debuted her Oldenburg gelding, Risky Business, at I-1 winning her class with a 71.7%. Cyndi also rode Dona Chanel (Coco), owned by Stella Dearing, at Second Level Test 3 with a 67%.

Kay Lorenzen rode Wendo at Fourth Level Test 3 for a 67%.

To The Max Dressage is looking forward to the two August ADA Flagstaff shows. See you there.





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FOR IMMEDIATE RELEASE

Contact: Katherine Robertson (859) 271-7877

Kathy Connelly and Betsy Steiner Team Up for Nutrena/USDF Adult Clinic Series

Lexington, KY (June 30, 2014) - The United States Dressage Federation (USDF) is pleased to announce the return of Kathy Connelly and Betsy Steiner as co-clinicians for the next Nutrena/USDF Adult Clinic Series. The series will begin in the spring of 2015 and run through March of 2017, with a clinic in each of USDF's nine regions.

Kathy Connelly is a USEF “S” Judge, USDF Honorary Instructor, and a well respected international dressage rider, trainer, coach, and judge. She is known for her amicable personality and non-intimidating teaching style. She also served as the commentator for the 2010 World Equestrian Games, as well as the 2013 US Dressage Finals presented by Adequan. As a coach, Kathy has excelled with students having competed on Olympic teams, at the World Cup, the World Equestrian Games, the Pan American Games, the Canadian World Cup, and the North American Junior Young Rider Championships.

Betsy Steiner is also a USDF Honorary Instructor, as well as an international dressage rider, trainer, and coach. Betsy has represented the United States at the World Equestrian Games in Stockholm, Sweden in 1990, as well as providing commentary for videos of the 1995 World Cup, the 1996 Olympic Games, and Dressage at Devon in 2001. Through her numerous books and ventures, Betsy focuses on training not only the horse but also the rider, physically and mentally. She is also the creator of EQUILATES™ -- a sport-specific Pilates-based exercise and body awareness program for the equestrian.

“We are very excited to have Kathy and Betsy team up as co-clinicians for our next adult clinic series. USDF is confident that these two presenters will enhance the educational content, as well as provide a more interactive experience for both riders and auditors,” states USDF President George Williams.

For more information about the Nutrena/USDF Adult Clinic Series, or to find specific dates and locations for the series (available January 2015), visit the [USDF website](#) or contact the [USDF office](#).

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.

###





Heat Exhaustion in Horses

Posted on [July 2, 2013](#) by [Gina T.](#)

Summer time is here and with it comes risk of overheating, heat exhaustion, or heat cramps for horses especially performance horses. The following situation comes from Nutrena Equine Specialist Jolene Wright, who owns and trains roping and barrel racing horses in Texas.

The temperatures had just started to get into the upper 90's and I went out for my usual routine ride on one of my horses in training. I noticed after my ride and cooling him out that he began to get down and roll an hour or so after turning him back out and he was sweating. I had sprayed him off and cooled him out as usual, so I first thought colic since he was dropping down on the ground. As I got closer to his pen I saw his respiration was faster than it should be and I could see some of his muscles quivering. He was also very drawn up in his flank. I started to think maybe he has heat exhaustion.



I immediately got him out and began to spray his legs and chest to get his temperature down. I called the vet while I was spraying him and we went over his symptoms. My vet was also sure it was heat exhaustion, and recommended giving him 10 cc's of banamine and continuing to spray him off for 30 minutes to get his temperature down. He also recommended not feeding him for the night and to give him plenty of water and keep him in a cool place.

After getting the banamine and spraying him for 30 minutes, he seemed to be much better. He was cooler and his temperature and respiration were back to normal. Then I set up some fans in a stall and moved him to the barn and gave him plenty of water. I monitored him throughout the night, and he stood behind the fans all night.

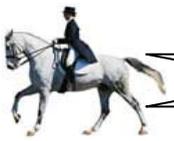
This was a good reminder that even after a ride and cooling a horse out that they can still actually be over heated or have heat exhaustion. My horse had seemed completely cooled out and seemed fine when I put him up. Luckily, I noticed him and his symptoms right away when I went back outside to check the horses.

Signs of Heat Exhaustion:

- Sweating
- Increased temperature
- Increased respiration
- Increased heart rate
- Dropping down to roll or throwing themselves on the ground
- Drawn up in the flank
- Muscles quivering
- Muscles tying up

If you suspect heat exhaustion in your horse, please call your vet immediately!





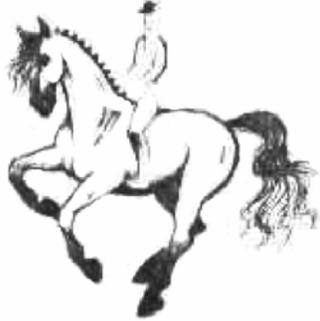
Lexington, KY - The United States Equestrian Federation (USEF) and the USEF Dressage High Performance Committee are pleased to announce a new recognition award for dressage athletes. The USEF Gold Medal of Distinction will honor athletes who have represented the United States in top-level dressage competition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



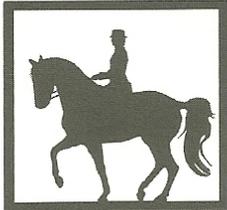
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Show Results

**Road Runner Arabian Sport Horse II Show
July 12-13, 2014**
**Road Runner Sport Horse Show II – Open Dressage
July 12-13, 2014,
Judges Vicky Stashuk-Matisi (R) and Bobbi Paulk (R)**

Class 401	USDF Introduction to Dressage Test A – Adult Amateur		
1.	543 Bobby McGee GCF	Michele Spears	106.0 66.250%
Class 402	USDF Introduction to Dressage Test C – Adult Amateur		
1.	895 Keats	Taharra Morris-Reid	114.5 57.750%
Class 403	USDF Introduction to Dressage Test B – Adult Amateur		
1.	543 Bobby McGee GCR	Michele Spears	114.5 71.563%
2.	881 Charming Samson	Julia Marotta	86.5 54.063%
Class 404	Training Level Test 1 – Adult Amateur		
1.	895 Keats	Taharra Morris-Reid	126.5 52.700%
Class 405	Training Level Test 2 – Adult Amateur		
1.	894 I Wont Kiss N Tell	Jaime Pollack	192.5 68.750%
2.	547 Damiani	Tammy Webb	157.5 56.250%
3.	548 Winsdown's Windrose	Pam Polydoros	161.0 57.500%
4.	546 Tahiti	Sarah Merrill	177. 63.214%
Class 405	Training Level Test 2 – JR/YR		
1.	544 Ecco Domani	Karlie Lonchar	221.5 79.107%
Class 406	Training Level Test of Choice – Adult Amateur		
1.	894 I Wont Kiss N Tell (TR 3)	Jamie Pollack	168.0 67.200%
2.	547 Damiani (TR 2)	Tammy Webb	182.0 65.000%
3.	546 Tahiti (Tr Rider Test)	Sarah Merrill	61.0 61.000%
S.	548 Winsdown's Windrose (TR 3)	Pamela Polydoros	
Class 406	Training Level Test of Choice – JR/YR		
1.	544 Ecco Domani (TR 3)	Karlie Lonchar	187.5 75.000%
Class 407	First Level Test 1 – Adult Amateur		
1.	875 Sky Hit	Anne Buchanan	205.0 70.690%
2.	892 SIG the Flying Dutchman	Kathy French	175.0 60.345%
Class 408	First Level Test 2 -- Open		
1.	557 Piper's Stewart	Juan Lopez Torres	234.0 63.243%
Class 408	First Level Test 2 – Adult Amateur		
1.	875 Sky Hit	Anne Buchanan	272.5 73.649%
2.	550 Titan	Susan Crinnian	223.5 60.405%
Class 409	First Level Test of Choice – Adult Amateur		
1.	892 SIG the Flying Dutchman (1 st 1)	Kathy French	159.5 55.000%
Class 409	First Level Test of Choice – Open		
1.	557 Piper's Stewart (1 st 3)	Juan Lopez Torres	169.5 54.677%
2.	555 Prinz (1 st 3)	Bobbi Lehman	150.0 48.387%
Class 410	Second Level Test 1 – JR/YR		
1.	893 Elysium	Reagan Leach	193.0 55.143%
Class 410	Second Level Test 1 – Adult Amateur		
1.	891 Melody's Moment	Lindsay Davis	200.0 57.143%
Class 411	Second Level Test 2 – Adult Amateur		
1.	877 Balderdash BJ-Zoey	Rita Self	207.0 54.474%
2.	891 Melody's Moment	Lindsay Davis	206.0 54.211%
Class 412	Second Level Test of Choice – JR/YR		
1.	893 Elysium (2 nd 3)	Reagan Leach	195.0 55.714%
Class 412	Second Level Test of Choice – Adult Amateur		
1.	879 Windstarr (2 nd 3)	Elizabeth Eggers	239.5 57.024%





Show Results

Road Runner Arabian Sport Horse II Show
July 12-13, 2014

Class 413 Third Level Test 1 – Adult Amateur				
1.	886 Paladin SF	Laine Sklar	258.0	67.895%
2.	519 Talara	Kara Finnegan	232.5	61.184%
3.	880 Orpheus	Rachel Evans	208.5	54.868%
4.	534 Ritomel M	Melanie Amhowitz	206.5	54.342%
Class 413 Third Level Test 1 – Open				
1.	884 Leon	Cathy Schreiber	242.5	63.816%
Class 415 Third Level Test of Choice – JR/YR				
1.	890 Prodigy (3 rd 3)	Molly O'Brien	230.5	59.103%
Class 415 Third Level Test of Choice – Adult Amateur				
1.	534 Ritomel M (3 rd 3)	Melanie Amhowitz	181.5	46.538%
Class 415 Third Level Test of Choice – Open				
1.	551 Revenue (3 rd 3)	DeeDee Estes	257.0	65.897%
2.	884 Leon (3 rd 1)	Cathy Schreiber	217.0	57.105%
Class 416 Fourth Level Test 1 – Adult Amateur				
1.	889 Raoul	Sarah Lindsten	220.5	63.000%
2.	883 Vermeer	Lynn Boice	218.5	62.429%
S.	887 Fresco	Cynthia Ganem		
Class 417 Fourth Level Test 2 – Adult Amateur				
1.	549 Martini B	Anne Buchanan	252.0	68.108%
2.	883 Vermeer	Lynn Boice	237.5	64.189%
Class 418 Fourth Level Test of Choice – Adult Amateur				
1.	889 Raoul (4 th 1)	Sarah Lindsten	216.5	61.857%
2.	882 Maronda (4 th 3)	Susan Parrish	198.0	49.500%
Class 419 Introduction to Dressage Test A – Adult Amateur				
1.	543 Bobby McGee GCF	Michele Spears	115.0	71.875%
Class 420 Introduction to Dressage Test B – Adult Amateur				
1.	543 Bobby McGee GCF	Michele Spears	108.0	65.625%
2.	881 Charming Samson	Julie Marotta	93.0	58.125%
Class 422 Training Level Test 2 – Adult Amateur				
1.	894 I Wont Kiss N Tell	Jaime Pollack	178.0	63.571%
2.	557 Piper's Stewart	Jill Graf	160.5	57.321%
3.	548 Windsdown's Windrose	Pam Polydoros	159.0	56.786 +%
4.	546 Tahiti	Sarah Merrill	159.0	56.786%
Class 423 Training Level Test 3 – Adult Amateur				
1.	888 Cherics Sirocco	Cheryl Eberhard	161.5	64.600%
2.	894 I Wont Kiss N Tell	Jaime Pollack	160.0	64.000%
S.	547 Damiani	Tammy Webb		
S.	546 Tahiti	Sarah Merrill		
Class 423 Training Level Test 3 – JR/YR				
1.	544 Ecco Domani	Karlie Lonchar	195.5	78.200%
Class 424 Training Level Test of Choice – Adult Amateur				
1.	547 Damiani	Tammy Webb	170.5	68.200%
2.	895 Keats	Taharra Morris-Reid	154.5	64.375%
Class 425 First Level Test 2 – Adult Amateur				
1.	550 Titan	Susan Crinnian	226.0	61.081%
2.	885 Bronte	Cynthia Coleman	215.0	58.108%
S.	875 Sky Hit	Anne Buchanan		
Class 426 First Level Test 3 – Adult Amateur				
1.	875 Sky Hit	Anne Buchanan	200.0	64.516%





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Show Results

Road Runner Arabian Sport Horse II Show
July 12-13, 2014

Class 426	First Level Test 3 – Open			
1. 556 Artex		Bobbi Lehman	192.0	61.935%
2. 557 Piper's Stewart		Juan Lopez Torres	181.0	58.387%
Class 427	First Level Test of Choice – Adult Amateur			
1. 892 SIG the Flying Dutchman		Kathy French	186.0	64.138%
Class 428	Second Level Test 2 – Adult Amateur			
1. 891 Melody's Moment		Lindsay Davis	241.5	63.553%
2. 877 Balderdash BJ-Zoey		Rita Self	224.5	59.079%
Class 428	Second Level Test 2 – Open			
1. 555 Prinz		Bobbi Lehman	198.0	52.102%
Class 429	Second Level Test 3 – JR/YR			
1. 893 Elysium		Reagan Leach	233.0	55.476%
Class 429	Second Level Test 3 – Adult Amateur			
1. 879 Windstarr		Elizabeth Eggers	225.0	53.571%
Class 430	Second Level Test of Choice – Adult Amateur			
1. 891 Melody's Moment		Lindsay Davis	208.5	59.571%
Class 431	Third Level Test 1 – Adult Amateur			
1. 519 Talara		Kara Finnegan	235.0	61.842%
2. 880 Orpheus		Rachel Evans	209.0	55.132%
S. 534 Ritornel M		Melanie Amhowitz		
Class 432	Third Level Test 3 – Open			
1. 551 Revenue		DeeDee Estes	248.0	63.590%
Class 432	Third Level Test 3 – JR/YR			
1. 890 Prodigy		Molly O'Brien	244.5	62.692%
Class 432	Third Level Test 3 – Adult Amateur			
1. 886 Paladin SF		Laine Sklar	258.5	66.282%
2. 534 Ritornel M		Melanie Amhowitz	202.0	51.795%
Class 434	Fourth Level Test 1 – Adult Amateur			
1. 889 Raoul		Sarah Lindsten	233.0	66.000%
S. 887 Fresco		Cynthia Ganem		
S. 549 Martini B		Anne Buchanan		
Class 435	Fourth Level Test 3 – Adult Amateur			
1. 549 Martini B		Anne Buchanan	267.5	66.875%
2. 883 Vermeer		Lynn Boice	222.0	55.500%
3. 882 Maronda		Susan Parrish	216.0	54.00%

Valerie Crail

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FEED FOR THOUGHT

ELECTROLYTES

WHAT ARE THEY AND WHY ARE THEY IMPORTANT?

Now that we are in the full swing of summer, many horse owners have incorporated electrolytes in their horses' diets. But, what are electrolytes and why are they important? Technically, electrolytes are any mineral that has an ionic charge and dissociates, or becomes separate, in water-based fluids. Table salt, or sodium chloride, will dissociate in water into sodium (Na^+) and chloride (Cl^-) atoms in water and dissolve. Other examples of electrolytes are potassium (K^+), magnesium (Mg^{2+}), and calcium (Ca^{2+}).

In the body, electrolytes are critical for neuromuscular function including nerve signals and muscle contractions. The levels and ratios of different electrolytes and water in the system are critical not only for performance in the show ring, but also for the kidneys, heart, and brain. When these levels and rations are off, it is referred to as "water-electrolyte imbalance". Some symptoms of a water-electrolyte imbalance include irregular heartbeat, low or high blood pressure, muscle weakness, muscle twitching, and fatigue.

An easy conclusion that may be made by a horse owner would be to supplement the horse with an electrolyte, but that can actually cause an imbalance as well, particularly if the horse is already dehydrated. While salt can be used to encourage a horse to drink with a thirst response, encouraging salt consumption in an already dehydrated horse that is reluctant to drink can further dehydrate the horse. One of the easiest ways to cause a water-electrolyte imbalance is through overconsumption of electrolytes, which may be accidentally done by an overzealous horse owner. On a day-to-day basis, free-choice access to a plain, white salt block is all that is needed for a horse to replace what electrolytes are lost through urine and sweat during normal weather conditions.

The goal of electrolyte supplementation is to replace what electrolytes are lost due to profuse sweating. The proper way to use electrolytes is to only administer it when the horse has already lost electrolytes, such as after exercise or traveling. By administering an electrolyte after exercise instead of before, one only replaces the lost electrolytes without risking over-supplementation, which can inadvertently cause a water-electrolyte imbalance potentially leading to dehydration, kidney stress, and impaired performance. And, unlike many other nutrients, electrolytes cannot be stored and saved for later use. If the horse cannot use the electrolytes then, the body immediately begins to try to expel the excess electrolytes to avoid a water-electrolyte imbalance. This can actually cause further dehydration since the horse will often need to urinate more to rid itself of the excess electrolytes.

Horses are excellent sweaters and a horse will lose quite a bit of water, sodium, chloride, and potassium in this sweat. It is the responsibility of the horse's caretaker to make sure these are replaced by administering Cavalor® Electroliq Balance or Cavalor® Electrolyte Balance after exertion along with plenty of fresh, cool water. Both of the electrolytes made by Cavalor® contain appropriate ratios of sodium, chloride, and potassium to best replace what electrolytes are naturally lost in sweat and should be given after every significant work-out.

NRC. 2007. Nutrient Requirements of Horses (6th Ed.). National Academy Press, Washington, D.C.

Marlin, David and Kathryn Nankervis. *Equine Exercise Physiology*. Hong Kong: Blackwell Science LTD, 2002. Print.





Let's Talk about Financial Well Being

By Beth Baumert, President & CEO of The Dressage Foundation



This article is based on the talk given at the USDF/USEF Young Rider Graduate Program held in January 2014 in Wellington, Florida. Whereas TDF President, Beth Baumert wanted to talk about The Dressage Foundation grants available to young people, she couldn't help but put herself in their shoes and think of what she wishes someone had told her when she was their age. Here is the substance of her talk on what happens to money--personal money and TDF money.

Money moves. It's the nature of money. If I give you \$10, how long will you have it? You might buy groceries with it, or you might add it to other money so you can pay your rent. You might add it to funds with which you plan to buy a car some day. You might give it to someone who needs it more than you. It's hard to make money stop moving. You earn it and then you spend it. (Notice the sequence. You don't spend it and then earn it. You earn it first and then spend it.)

People who are financially responsible " earmark " money that they earn. That is, they categorize expenditures into what you might call " buckets " of money. I like to call them buckets because it sounds like you have a lot of money even when you don't at first.

One bucket of money is for your necessary, fixed expenses. That might include your rent, your groceries, your phone-internet bill, fuel for your car, insurance, taxes and other expenditures that you consider necessary.

One bucket of money is to save for something important. Maybe you know your car may only last two more years so you're saving for the car you will need in the future.

For developing professional riders, a training program is another necessary expense. You need to put aside some funds for your training.

One bucket of money is to give away to a cause that you're passionate about. The universe gives to those who give. I'm not sure how that works, but I'm old enough to know that it works. It's a Law of the Universe. I'm not saying you should give to TDF (although that would be very nice), but you should give to some cause that's greater than you. Don't make the mistake of thinking that you can't give enough to make a difference because even if you start out by giving away \$25 a year, that's something.

That means you have designated a bucket--even though it may be small--of money to give away for a cause that's greater than yourself.

One bucket of money should be for you to save forever for your retirement. It seems ridiculous to think of that now, but later I will give you a very compelling reason to start now. My favorite quote about personal finances came from a young person who said, "If I'm financially fine right now, and I'm fine for the future, I figure I'm totally fine." That means that from the very beginning, you save for your future; you pay yourself by starting to save when you're very young. That's especially important if you're going to pursue a career that is financially challenging. Training horses definitely falls into that category, so I want to talk about saving for your future again later.

Now I want to talk a little bit about The Dressage Foundation (TDF). TDF is, financially, like a bank. Donations come in from people who want to support the sport of dressage. Then TDF invests that money in several different ways:

TDF investment advisors invest the funds in the traditional way: In stocks of solid, respectable companies, in bonds and in CDs.

TDF awards prizes and grants to worthy recipients, and that's an investment too. For example, when Catherine Chamberlain (AZ) was chosen for the International Dream Program (formerly called Olympic Dream) in 2012, TDF made a good investment because when Catherine came back, she spread the word about what she learned; she rode better and taught better than she would have if she hadn't gone on that trip to Europe. As a bonus, Catherine has done fundraisers for TDF, and she has given back financially too!

Whereas TDF is, financially, like a bank, emotionally, it's made up of a group of people like you who are passionate about dressage. We are a little army of donors that seek to "up the game" for riders at all levels. That is, we have grants for young riders, graduate young riders, adult amateurs, breeders, judges, instructors and high performance riders. We want to, bit by bit, change the game across the board.

Now, I've already mentioned how easy it is to spend money. TDF is the same. It's really fun to give money away, but those awards depend on donors--big donors and small donors. The big donors of TDF are like the generals, colonels and majors of our little army. They are directly responsible for the grants that TDF is able to award. Some of them are: Carol Lavell, her father Gordon Cadwgan, Maryal Barnett, Renee Isler, Ralph Dreitzler, Anne Ramsay, the Boomer family, Violet Hopkins and others. They are directly responsible for the grants that TDF awards--which was nearly \$200,000 last year. These funds that are given as grants and awards are "restricted," which means they can not be used to pay ordinary TDF operating expenses. Restricted funds are reserved for grant-giving.

The smaller donors, who are the captains, lieutenants and foot soldiers in our little army are indispensable because they implement the ideas of our generals, colonels and majors. Some of them add to the restricted funds that are given as awards, but they also help pay for TDF's operating expenses. Some of the major donors help with operating expenses too. Just as you, in your personal finances, have necessary expenses, the TDF office has printing, mailing, paying our extraordinary staff and professional advisors. The donors who help pay the expenses of operating TDF are extraordinarily important because, without them, we couldn't survive.

Now to get back to your personal expenses: Financial well being is within the reach of almost everyone, but it has to do with the buckets of money for saving and for giving away. The one for giving is from-your-heart generosity, and the one for saving comes from your head. Paying yourself is just smart.

The US government has provided an avenue for you to become financially comfortable forever--that's with a Roth IRA. An IRA is an Individual Retirement Account, and the key to its success is to start saving very early in life. If you don't know what a Roth IRA is, learn about it online. I'm going to give you some examples. Currently, you are allowed to save \$5500 per year in a Roth IRA, but even if you can only save \$2500 per year, **and** you start when you're 21, **and** the market does its average thing over the next 49 years, you'll have over \$1.5 million--tax free--when you're 70 years old. If, however, you don't start saving until you're 30 years old, you'll have about \$1 million and if you're 40 years old when you start, you'll have \$475,000, and if you're 50 when you start, you'll have about \$125,000. Are you getting the idea? If you don't know about Roth IRAs, learn about them online and start saving as early as possible. It will make you feel financially whole.





AUG

~THE CENTERLINE~

2014



Arizona Humane Society's Waggin' Wheels

The Arizona Humane Society has a new mobile pet adoption unit that will take the Valley's most beloved shelter pets on the road to adoption. Waggin' Wheels is a 25-foot, 24-kennel, air-conditioned adoption unit on wheels and allows adopters the ability to come onboard in pursuit of finding their new best friend. Maybe one is your perfect match! Waggin' Wheels will embark on a summer mall tour, in partnership with Macerich.

Upcoming Adoption Locations:

Scottsdale Fashion Square

August 2, from 2– 6pm

7014 E Camelback Rd, Scottsdale (near the valet area between Starbucks and Kona Grill)

Superstition Springs Center

August 16, from 11am- 4pm

6555 East Southern Avenue, Mesa

More information for the summer tour can be found at azhumane.org/WagginWheels.

Paradise Valley Family Fest Event

August 23, from 2-4pm

4568 E Cactus Rd, Phoenix

Scottsdale/ 101 Labor Day Weekend

August 30, from noon-2pm

7000 E Mayo Blvd, Phoenix





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2014



The *Arizona Dressage Association* Presents
its Annual

Mountain Air & Dressage in the Pines

Level 2 Dressage Shows

August 16-17, 2014, Fort Tuthill County Park, Flagstaff, AZ



*** Single Fee - Two Shows!! All Sponsorships and Advertising will Appear in Both Show Programs ***

Name (name as you wish it to appear in print)	Phone ()	Email Address
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State	Zip Code	Authorizing Signature

SPONSORSHIP OPTIONS

- PRESENTING SPONSOR \$5,000.00
- PLATINUM SPONSOR \$2,500.00
- GOLD SPONSOR \$1500.00
- SILVER SPONSOR \$750.00
- SILVER STAR \$500.00
- BRONZE SPONSOR \$250.00
- RING SPONSOR \$150.00
- CLASS SPONSOR \$50.00
- Donation in Amount of Choice \$_____

Donations are tax-deductible to the extent allowable by law.

PROGRAM ADVERTISING RATES

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- Full Page \$150.00
- Half Page \$100.00
- Quarter Page \$ 50.00
- Business Card \$ 35.00
- Banner \$ 50.00
(Provided by Sponsor)

PRINT ADVERTISEMENT Camera-ready copy only please.
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preferred. Every effort will be made to honor requests for ad
placement on first come, first served basis. Sponsorship
packages have Priority. List special requests here:

PAYMENT INFORMATION

TERMS:

Payment in full with signed contract. Checks made payable to

"Arizona Dressage Association" or "ADA"



Card # _____

Expiration Date: ___/___

Signature: _____

REMIT by August 6th to:

ADA c/o Meredith Watters
24350 N Whispering Ridge Way #51
Scottsdale, AZ 85255

watters4@cox.net

Submit artwork to Meredith Watters at: watters4@cox.net





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~THE CENTERLINE~

2014



Calendar of Events

August 2014

11: ADA Meeting, Location Home of Sarah Lindsten
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
20-21: Tracey Lert Clinic, riders and auditors welcome, call Jenny 623 935 3267.
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 Oktoberfest Show, WestWorld, Contact Kathy Smith 623 570 5991
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





AUG

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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**(pleasepecify) _____

WesternDressage:

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

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TOTAL enclosed \$ _____

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Peoria, AZ 85345
Or Scan/Email to: Membership@azdressage.org

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- Please check the areas where you are willing to help:
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