From: Karen Abbattista
To: karen@richardswf.com;
Subject: News from Alpha Dressage Association
Date: Friday, September 04, 2009 10:37:51 AM

Alpha Dressage Association

Alpha Dressage Association Newsletter

September, 2009

Greetings!

The Prez Says...

Hi Everyone,

We had a great meeting at the Whispering Ranches Feed Store. It was very informative. Many thanks to Beth for her great talk and for letting us see her store after hours.

The Shelley Clinic was great fun also. There is always so much to learn. Many thanks to all who braved the heat to ride in it. Also, thanks to Donna Blem for letting us enjoy her wonderful indoor arena at InStride.

The next meeting will be Tuesday at 7 pm at the Sarasota County Sheriff's Mounted Stables The directions are elsewhere in this newsletter.

Make sure you check our events coming up calender!

That's all for now,
Betty

SWFDA "Are You Ready?

A quick reminder that the Southwest Florida Dressage Association's "Are You Ready?" weekend is just around the corner, with closing date fast approaching: September 19. The Ride-A-Test on Saturday is quickly filling and there are a few more slots open on Sunday for the clinic with Kay Meredith.
Due to an unfortunate and unexpected date conflict, judge Joan Humphrey will not be able to participate.
Fortunately, Tori Polonitza, "L", has agreed to take the second judge's seat. Tori is not only an "L" graduate, but she has also trained and competed through Grand Prix.
Lunch provider extraordinaire, Fran Spears, is setting up a lunch for riders and auditors alike for only a $3 donation. Please sign up when you arrive, so we know how much to have on hand.
Speaking of having on hand, auditors and all who are going to take part in the lunch time volunteer training session should bring a few things. The learning experience consists of a demo ride by Anne Ross, judged by Tori over the loudspeaker for all to scribe and score keep, along with instructions on scribing by Cathy Cottrill and scorekeeping by Verna Saxer-Gibson. So, be sure to bring a chair (for all day), a pen, a calculator and a desire to jump in!
An entry form for both riders and auditors is located on the Alpha Dressage wesbiste, www.alphadressage.org

Any questions? Give Verna a call at 239-543-4032

August Schooling Show Results

Introductory Test A
Flying Patriot/Alix Redmonde 65.5%
Indian Key/Ellie Denison 62.5%
Sierra/Caitlyn Gierhart 62%
Lisider's Top Hat/Chaz Garner 57%
Rain/Emma Jo Patten 56.5%
Khazmira/Mariel Wrench 55.5%
Auto Pilot/Abbigail Childress 53%

USEF Training Level Test 3
Divinity/Karen Abbattista 62%
Tubb's Choice/Christine Helfrick 59.2%

Introductory Level B
Flying Patriot/Alix Redmonde 62%
Indian Key/Ellie Denison 61%
Rain/Emma Jo Patten 60%
Khazmira/Mariel Wrench 57.5%
Auto Pilot/Abbigail Childress 56.5%
Sierra/Caitlyn Gerhart 55%

USEF Training Level Test 4
Fedora/Teresa Oliver 57.2%
Tubb's Choice/Christine Helfrick 56.4%
Buddy/Diana Clark 55.2%
Divinity/Karen Abbattista 54.8%
My Contessa/Rosalind Featherman 51.6%

USEF Training Level Test 1
Darby/Vana Jovic 63%
Bailey/Linda Blake 60%
Equising's Roulade/Terrylyn Bankes 58.7%
Renaissance Man/Jillian Cacchiotti 57.4%
Uno/MaryLynn Stanton 57%
Samaya/Robin Sego 56.5%
Khazmira/Mariel Wrench 54.3%

USEF Fourth Level Test 1
Manfed/Betty Brown 59.8%

USEF Fourth Level Test 3
Tango/Meredith Nierenberg 57.6%

FEI Grand Prix
Bravo/Elaine Sherer 58.7%

USEF Training Level Test 2
Darby/Vana Jovic 60.4%
Renaissance Man/Jillian Cacchiotti 58.9%

Dr. Gerd Heushmann Clinic
October 30-November 1,2009
Jacksonville area location TBA

Book Signing - Thursday, Oct 29th at 5 pm The Gift Horse in Green Cove Springs

Lecture - Friday, Oct 30th ($50 per person) Dr. Heuschmann will lecture on the biomechanics of correct riding. Highly informative and educational, this lecture is a must-hear for any horse enthusiast of any discipline interested in proper training that results in a horse's improved mental and physical condition. Free Equine Massage and other door prizes awarded.

Audit - Saturday, Oct 31 & Sunday, November 1st. $45 per person each day or $80 for both days. Observe Dr. Heuschmann personally ride each registrant's horse and instruct the rider on how to communicate more effectively.

Ride - Saturday, Oct 31 & Sunday, November 1st. $250 per rider each day. Riding slots are limited, so please register early! Dr. Heuschmann demonstrates by riding your horse and then teaches you mounted on your horse.

Dr. Gerd Heuschmann is the author of the book "Tug of War...Modern Versus Classical Dressage" and the DVD "If Horses Could Speak".

For more information, contact Sandy Mooney 904-463-2908 or email housedoctorinc@comcast.net

Did You Know?

Florida has more than 500,000 horses, more than 70% of which are used for competition and recreation.

Up to 93% of racehorses get stomach ulcers, regardless of age.

Almost 60% of other performance horses have stomach ulcers. It is estimated that 30-40% of all dressage horses have ulcers.

Equising's Roulade/Terrylyn Bankes 57.9%
Bailey/Linda Blake 56.8%
Samaya/Robin Sego 56.1%

First Level Test 1
Buddy/Diana Clark 59.7%
Sierra/Kristin Featherman 54%

Congratulations to all!

Member News

Congratulations to the following ADA members who have qualified for Regionals!

Fourth Level - Renee Rains on Samir Sandro

Third Level - Angie Gress on Vigo

First Level - Karen Abbattista on Caldarin Goldstar+ (otherwise known as Ringo)

Directions

Sarasota Mounted Police/Sheriff's Equestrian Center

Take I-75 to Laurel Rd and go East.
Take a left at the gas station (at the light) onto Knight's Trail.
Take another left onto Rustic Rd.
The Mounted Police is on the right hand side...you can't miss it!

A special thanks to Aqua Restaraunt in Osprey for providing food and refreshments

ADA Year End Awards

Submit scores from at least 3 ADA sponsored shows, same horse and rider combination, with scores of 55% and above.

2 scores from FEI levels.

Must be an ADA member, and cannot win the same award more than 2 years in a row for the horse/rider combination.

Submit scores to Diana Clark
dianakenclard@comcast.net

Fondly Remembered

Klaus Fraessdorf lost his battle with cancer and passed away Aug. 31. Klaus started the "Dressage in FL Winter Circuit", organized and judged shows throughout FL, and published the Dressage in Florida Omnibus. He will be missed.

14 Dressage Training Tips from Lisa Wilcox

(from an article by Patricia Lasko that orginally appeared in the August 2003 issue of Dressage Today)

1. Never come into the barn and say, "I have one hour to ride and then I have to get home." Always come with a plan, never a timetable.

2. If a horse had too much bend in his neck during the shoulder-in, try this correction: As you come around the corner, let him think he is going onto the diagonal but ask him to do shoulder-in down the long side instead. First try it on the track and use the wall. Next try it on the second track.

3. To improve, ask yourself, "What am I doing in my body?" You have to have control over your own body to ride well.

4. The more you step into your inside stirrup, the more you are in the horse's center of gravity.

5. To make a horse's trot longer and bigger, drive forward into a more constant connection. This will make the rib cage looser.

6. See how your horse is reacting. Feel how he is feeling. Get a feel for when your horse is tired. You demotivate your horse to work hard when he is tired. Know your horse's personality. All horses are different so the trainer must have a feel for all types.

7. With foundation work, you create a happy mind in your horse that allows you to do the hard stuff later on.

8. The rider's seat, in general, is straight for the collected trot, a bit back for the passage and a tad forward and lighter for the piaffe. None of these are extreme changes.

9. Hoyos emphasized that if a horse fidgets with his head, don't react or pull. Stay quiet. If the horses tosses his head a bit, he's saying that his muscles are sore. But he's got to get through the work that day. So keep your hands low and ask for more bend to stretch the soreness out of his muscles. Never lose the rhythm. Keep your inside leg deeper to stay in a driving position. Keep the hands quiet and constant.

10. If a horse gets strong, you must send him forward. Do a 10-meter circle to get him connected again.

11. If a horse is not carrying himself or if his head is bobbing up and down at the poll. To correct this, the rider must have very quiet hands and keep her stomach out and quiet. There must be no disturbance in the mouth. Just push him forward.

12. To keep your hands steady and quiet, form a bridge with the reins by holding both of them in both hands.

13. For horses that are not self-motivated to go forward, the rider must be quieter with his hands. He must try for more energy without shortening the neck. A rider should be able to ride without hands. The hand is an assistant to riding. It's an aid. It can kill the driving aids.

14. Too much use of haunches-in might not send the horse into the future correctly because the hind end can come up instead of down and put the horse on his forehand. Shoulder-in and shoulder-fore are better exercises because they always keep the inside hind leg stepping under. Use many variations of shoulder-fore and shoulder-in, different grades and angles help the horse find his rhythm and become supple.

Dressage Secrets for a Winning Test...

The Secret of a successful and harmonious Dressage Test.

Dressage judge Charles de Kunffy explains some dressage secrets and how to focus on your horse instead of the dressage movements to achieve a picture of harmony and ease in the ring.

The secret to a successful and harmonious dressage test underlies two principles:

First, when riding your test, focus on your horse, not on the movements.

Second, warm up your horse appropriately so you can present a fresh horse and evoke a picture of harmony and ease.

Ride your horse and not the test.

Too many riders ride from point to point instead of riding their horse. Precision is highly important, especially in Grand Prix, but sacrificing a movement's quality as well as your horse's suppleness and calmness just to be precise is a mistake. Riding movements at a given letter is a guideline. It tests the ability of the rider to control his horse and that the horse moves gymnastically correctly, that is in a rhythmic, supple, elastic, suspended and adjustable manner.

I often see that some riders ride movements that didn't come out well twice.

For example, if a rider halts at A and his horse steps back, some riders halt again. However, this will always lower the rider's score as the judge will always judge the first halt. A halt has to be immobile and not readjusted. Rather, prepare for each upcoming movement as well as possible.

Warm up your horse in a reasonable & efficient manner

The warm-up is an important tool to prepare your horse for the test. An efficient warm-up is based on a system that can be divided into three phases. Between these, give rewards with brief rest periods.

Limber up your horse and stretch him over the topline. Limbering up a horse means taking time to seek his own cadence and relaxation. The secret to achieve this is to ride constant changes of direction utilizing diagonals, circles, and serpentines. Perpetual changes of direction make the horse shift his weight from one side to the other with the result that he loosens up. They bring the horse on the aids as they work the horse's haunches and encourage him to engage his hindquarters.

Do gymnastic suppling. This means lengthening and shortening the horse's posture (topline) by lengthening and shortening his stride. This brings the horse's focus to the aids and engages his quarters.

Review and perfect the exercises. Remember that the purpose is to focus the rider and hone the skills to execute correctly. The horse needs no review of exercises. It is the rider who does.

Avoid over doing one thing.

Avoid drilling certain movements over and over or working with the goal of making the horse tired by exhausting him.

Also, if you start out with a stiff horse and try to loosen him up by beginning the warm-up with collected movements, the horse will not have a chance to relax and become loose.

A principle that always remains relevant is "Your horse is your clock."

A lower level horse can be warmed-up in about 15 minutes, with a Grand Prix horse it might take 35 to 45 minutes. However, this is a general guideline, which might be different for your individual horse.

As a rider with feeling and a good communication with your horse, you know when he is limber, supple, and contented.

Gymnastic know-how and preparing the horse properly are the secret for completing a successful, harmonious dressage test. Make your horse supple, move him in rhythm and amplify his gaits to increase suspension. Present a fresh, willing, calm but focused horse to the judge. That's winning for the horse but not necessarily a blue ribbon.

Letter from the Editor

"Since Horses Don't Speak" or "Never Underestimate your Horse's Ability to Communicate"

I try to listen to my horses, I really do. But it's so hard to interpret what they are trying to tell you. It's like playing charades with a partner who never tells you when you guess the answer the right. Usually, that's the case, anyway. Not this particular time, not with Cheddar.

Most of you know Cheddar, the big FEI Hanoverian I adopted last year from Sharron Fisher (thanks Sharron!). Cheddar's no spring chicken. At 24, he's more like an early winter, at best, a late fall. We'd shown successfully through Fourth Level last year, but his age is taking it's toll and we've scaled back our plans for the upcoming season. We've been working on a Third Level Freestyle, and I was on the fence about whether to take him to the Schooling Show at Cheval last weekend. I couldn't figure out what was best to do. I was thinking it would be better to wait until it was cooler, he doesn't do that well in the heat, and his arthritis had been bothering him. To go or not to go?

The closing date for the show was Tuesday. Monday morning, I went down to feed the horses, and the fence is down in the back pasture. "That can't be good," I thought. I rounded up the usual suspects (Sam's horse, Bo, and my trail horse, Lucy, are to be blamed for most accidents and mayhem) and checked them over. Not a mark on them. I made my rounds through the stalls, and everyone was fine, until I got to Cheddar. Nothing serious, just some lumps and bumps and bruises, but enough to keep him out of any type of work for the next week. He just looked at me with his wise old eyes as if to ask "Still on the fence, moron?"

We didn't go to the show!

Karen Abbattista

FYI After doing such a great job as Newsletter Editor for us for over a year, Amie has had to step down because of job and family responsibilities. Since I always have something to say, I volunteered to take it over. So, if you suggestions, comments, news, stories, etc that you'd like to see included, feel free to email me at karen@richardswf.com

Classifieds

Tack

Custom western saddle for sale. It was made by Frecker Saddlery and is only 8 months old. It's a Modified Assoc. with a 15.5 seat a 90 deg tree with the bars spread to 93 deg. It has Monel stirrups and is in new condition. It also had the matching martingale breast collar. It has been kept in an air conditioned tack room ever since I got it. Asking price is $4200. For more information, pictures, or to demo, I can be reached at 904--534-3090 Stephanie

Horses

Free to good home! Hawk's Flight Farm must find homes for some of their yearling geldings. This horses will be given to approved homes. These are high quality prize Arabians. For more information, contact Karin McMurtrie at 941-685-3007 or email hawksflightfarm@aolc.om

Trailers

Four horse Trail-et 1999 gooseneck. Full matts, drop windows, everything you could want in a trailer. Contact Deborah at debmagicmare@aol.com or 941-224-3220

To post a classified listing in the newsletter or on the website, email Karen at karen@richardsw.com

Sincerely,

Alpha Dressage Association

President	Betty Brown	925-1575	bmb76101@verizon.net
Vice President	Robin Sego	322-0494	sego1@juno.com
Secretary	Karen Abbattista	376-1736	karen@richardswf.com
Treasurer	Martha Koehnlein	485-2337	koeh2337@comcast.net
Historian	Caryl Faso		pachmann1@hotmail.com
Publicity	Anna Bergenstrahle		anna0406@msn.com

Upcoming Events

September 8th - ADA meeting. Sarasota Mounted Police/Sheriff's Equestrian Center. 7 pm

September 13th - Clinic with Leslie O'Sullivan, FEI rider and "L" Judge.
One hour sessions are $55. Leslie will be teaching at Betty Brown's farm in Saddle Creek, and at Karen Abbattista's in Myakka Valley Ranches. The clinic is free to audit. To register for a ride time, please contact Karen at karen@richardswf.com. Note - this clinic has been extremely popular, and is filling up fast!

September 19th - 20th - Horse Shows in the Park Fall Dressage Classic.
Canterbury Showplace in Newberry. One of the last chances to qualify for Regionals! Closing date Sept. 5th

September 27th - ADA Schooling Show at Cheval Centre.

October 4th - Grooming Clinic at Open Gate Farm.
Learn braiding, clipping, and more!

October 13th - ADA Meeting at Anna Bergenstahle's Clinic in Nokomis. www.yourhealthyposture.com

October 17th - 18th - Platinum Performance USDF/Region 3 Adult Clinic
"The Quest of the Pyramid" featuring Charlotte Bredahl Baker. Magnolia Farms at Live Oak. RSVP through USDP by Oct. 2nd.

October 17th - ADA Awards Banquet at Betty Brown's.

October 22nd-25th - Region 3 Dressage Championships, Wellington.

November 8th - ADA Schooling Show at Cheval Centre.

*******Please tune to RFD-TV Monday, September 14th at 8 pm to watch a special program - "Understanding Equine Rabies".**

Forward email

Safe Unsubscribe

This email was sent to karen@richardswf.com by alpha.dressage@yahoo.com.
Update Profile/Email Address | Instant removal with SafeUnsubscribe™ | Privacy Policy.

Email Marketing by

Alpha Dressage Association | 2642 Grand Cayman St. | Sarasota | FL | 34231