



CENTERLINE



CONNECTICUT DRESSAGE ASSOCIATION

APRIL 1998

Connecticut Dressage Association

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CENTERLINE

Send address changes to
Frances Owles

Centerline is the official newsletter of the Connecticut Dressage Association and is published about 10 times annually. It is distributed to all members. CDA welcomes story ideas, informative articles and commentary. Please submit all contributions to: John Gordon, 24 Darren Court Waterbury, CT 06708
Email - eventer2@ix.netcom.com
Subject: Centerline

President's Message:

Show season is about to be upon us. CDA board has been working hard trying to get out the Omnibus. We will have more shows and more awards for all of you to accomplish.

Speaking of Awards!!! What a great annual party we had at Fern's house. The music was great and it was very refreshing to see all of you who came, and it was lots. Congratulations again to all who won awards!! At our last board meeting we decided to do it again next year.

The momentum at our board meetings is great. This last meeting was concentrating on volunteers and how to find them and train them. Most of all, how are we to keep to keep volunteers interested. As I mentioned at the awards party, CDA has about a 15 to 20% volunteer rate. Most volunteer organizations usually have 5%. I am always very proud to go to the USDF convention GMO meetings and be able to say our 250 member organization has over 40 volunteers for the recognized show and they are all CDA members. Of course, I then go on about our schooling shows is almost another set of volunteers. What I do not tell them it that this number is down from years past and it is harder and harder as our schedules get busier and busier to find the volunteers. So we have a new sportswear coordinator and new volunteer incentives. Basically, for every hour you volunteer you get \$1 towards CDA's sportswear.

This year we will be running three rings at our recognized show and more volunteers will be needed. Cornelia Hamilton has wonderfully agreed, and I might mention without too much arm twisting, to be the volunteer coordinator for the recognized show. So when she calls or leaves messages on your answering machine, please call her back and if even if you cannot volunteer, try to suggest someone. This is a big job! Also, Cornelia is easy to get at home about 7am or 8-9pm, but not too late, please. Thank you all for your support.

This year is an election year. I know there are some of you who would like to be part of the board. Please submit your name to our nominating committee, Phillia and Charlie Osborne. The information can be found in this Centerline.

I want to welcome all the members who have joined for the first time or rejoined CDA! Our membership campaign has been strong. However, if you have not renewed, your April issue of the **Centerline** will be the last nor will you receive an Omnibus. Also, the list goes to USDF for your membership soon, and you will miss out on your **Dressage & CT** and your membership until later in the year. So come and join the rest of us crazy horse people.

Our next board meeting is April 14 and the main topic is ByLaws. Now do not fall asleep. This is very important part. Our bylaws have not been seriously looked at since 1982 or something that ridiculous. This will be important part of CDA's future and for all the members who want to know how CDA is run or want to change how it is run, this is your chance. Speak or forever hold your peace!

The joint raffle that was held with CDCTA and CDA was very successful. It rose \$902 in total that will be split equally with \$452 going to USCTA and USDF for each of their JR/YR programs. Great Job and thanks for contributing to the support of both programs!! By the way, congratulations to Kristen Kuzmickas, winner of the oil portrait and Jess Tryon who won the winter riding jacket.

See you on the centerline

Debra

1998 CALENDAR

April 4
Region 8 Educational Series
Ann Guptill
Fern Feldman
203-272-0711

April 11
Region 8 Educational Series
Tuny Full
Fern Feldman
203-272-0711

April 18
CDCTA Riding to Music Clinic
Cloverlea Farm
Deb Moynihan
860-646-8841

April 19
Dressage Schooling Show
River Farm
Pauline Schenck
860-676-0122

April 25
WFDA
Dressage Schooling Show
Diane Jacobson
914-763-9031

April 26
Region 8 Educational Series
Tom Noone
Fern Feldman
203-272-0711

May 3
CDA Schooling Show
Mt. Valley Equestrian Center
Alix Szepesi
203 267-6832

May 1st-3rd
Carol Lavell Clinic
Salem Sunshine Farm
Contact: 914-277-3676

May 2-3
Early Light Farm
Paul Belasik Clinic
Jocelyn Audet
860-742-1981

May 9-10
WFDA Dressage Festival
Benefit Christopher Reeve Foundation
Aleen Thomas
914-988-5721

May 17
HillTop Stables
Dressage Schooling Show
Kari Bradshaw
860-485-0477

May 17
CDSC/USDF League Show
R.E.D. Equestrian Center
Coventry, CT

May 24
Glastonbury Pony Club Dressage Show.
Valerie Pederson
860-228-4067

May 30-31
CDA Spring Competition
Ox Ridge Hunt Club

RIDER TUNE-UP

by Carolyn McEvitt

SPRING! Where ARE you? Where are your warm rays and ice-free surfaces? Where are your birds that weave nests out of shedding horsehair? When can I wear "normal" riding attire instead of the warm layers of clothes that make me feel like Humpty Dumpty? Sound familiar? I think many of us have reached this point by now! Winter is nice for awhile, especially when the warm layers of clothes hide any extra pounds we somehow acquired during the "Dark Months". But, enough is enough! I need warmth, light and an in-shape body. How about you?

The warmth and light will increase with each new day. The in-shape body.....well.....you know as well as I that this will take work, especially for those of us not blessed with a lithe body and an aversion to food! No matter how much work, you must keep one thought in mind.....Your horse will LOVE you for whatever efforts you spend to improve your physical and mental well-being. So, where do we begin. Let's start with our muscles.

The human body contains approximately 650 muscles, which are elastic fibers that expand and contract voluntarily and involuntarily. A voluntary muscle is one that we consciously control such as those found in our arms and legs. An involuntary muscle is one that we do not control like our heart and kidney muscles. The 3 types of muscles are:

1. Skeletal which allow our joints to move (voluntary).
2. Smooth which are found in the organs of our body (involuntary).
3. Cardiac which is our heart muscle and never stops working (involuntary). It rests only between heartbeats.

We are interested in the skeletal muscles and by using correct weight work we can create several positive changes in our bodies. Some of these changes are:

- Improved joint movement.
- Improved coordination.
- Muscle strength will increase.
- Less body fat.
- Increased metabolism because a muscular body burns energy (calories) more quickly than a fat body.
- Muscles will become more defined. They will **NOT** look as grotesque as a body-builder's as long as you follow the rule of less weights and more reps.

So, what are the appropriate weights that will help achieve the above results? Well, first off, a muscle performs with maximum efficiency when it is moderately loaded. Never overload a muscle as it can be easily be injured and will take months to heal. It is better to use light weights with many repetitions rather than heavy weights with less repetitions. This is the rule of "Less weight, more reps"!

An easy way to determine the initial weight you should lift is to multiply your body weight by .03. For example, Jane weighs 100lbs. The amount of weight she will start with will be $100 \times .03 = 3\text{lbs}$. If the result has a decimal portion, say 3.4 lbs then use a whole number such as 3 or 4 pound weights. Later, once the muscle has become stronger, you can add more weight in $\frac{1}{2}$ to 1 pound increments. Some muscles like those in our legs may be stronger and can start with more weight. A good judge of the "right" weight amount is if during 10 repetitions your muscle begins to tire by count 8 or 9. You should not be in pain...NO GRIMACES!

Begin your weight work with stretching. Your stretching should be done slowly and with the goal of lengthening and relaxing your muscles. Never bounce or rush through the stretching as this can cause injury. Having stretched the upper, middle and lower muscles of the body begin your weight work in the same manner....upper body first, trunk and finally legs. Do each repetition slowly and evenly. Rushing may tear the muscle. Strength is built by using low weight amounts with frequent, even repetitions. Your cool down is just as important as your warm-up and should also consist of slow stretches.

To avoid muscle problems such as charley horses, cramps, hernias, spasms and fatigue be attentive to the following:

1. Use light weights with many reps.
2. Work with weights every other day. **NEVER** work 2 days in a row! Your muscles will need time to rest and replenish their energy, vitamins, minerals and water.
3. Avoid working with weights when you are sick or fighting an infection.
4. Make sure your diet is healthy and includes plenty of water (muscles are 75% water).

CDA Announces Broad Changes for 1998 Year End Award Program

CDA's objective is to make our members happy they're involved in the organization and eager to participate in our programs. The board and a number of members took a hard look at the Year End Awards program and determined we had to make it easier to recognize *your* hard work and competitive efforts. We decided we had to make the awards program more inclusive, not exclusive. We also needed to make the qualification criteria easier to interpret and follow, and the score reporting process less cumbersome.

To increase the number of riders who earn CDA Year End Awards, we are revising the criteria used for determining winners. We also want to make the process more user-friendly and convenient for competitors. We recognize that it's difficult for you to compete all over the state or region for an entire show season. Work, family and other commitments mean some CDA members can only do a handful of shows. Also, recognized show scoring, even at the lower levels, has become more demanding and many amateur and junior riders who compete successfully in tests one or two at a particular level may not be ready for the higher tests, but nevertheless are the true stalwarts of our competitions.

CDA Year End Awards are a distinct honor. Winners receive lovely (large!) ribbons for champion, reserve champion and placings third through sixth. Champions also receive customized commemorative gifts. We hope all CDA members who make the time, effort, and not inconsiderable expenditures to show in 1998 will participate in our new, improved program!

Here are the revised guidelines we will implement in 1998:

Schooling Competitions

Open to all CDA members who compete in: (1) CDA-sponsored schooling shows, (2) USDF League shows and (3) schooling shows whose prize lists appear in the CDA Omnibus. ***Please note: Shows listed only as part of advertisements will not count toward CDA awards. The prize lists must be separately published as well.***

Riders ***must be CDA members before*** entering the show, or they can join the same day ***before*** their first class.

Awards may go only to the ***same horse/rider combination***. Championship awards cannot be earned by the same horse/rider combination more than ***twice*** at each level.

Three scores from at least two different shows must be earned. Scores from at least ***two different judges per level and at least three tests***. At least ***one score must be from a CDA schooling show***; the others may come from USDF league or schooling shows whose prize lists appear in the CDA Omnibus. ***For example, a rider can submit two scores from two tests of the same level from one judge at a CDA schooling show, and one score at the same level from a different judge from a schooling show whose prize list is published in the CDA Omnibus.***

Scores must be a ***minimum of 50%***.

Awards will be based on the ***average score of the best three tests***.

Awards will be divided by Junior and Adult. Categories are: (1) Introductory, (2) Training, (3) First, (4) Second Level and Above.

Riders should submit their scores ***at the end of the competition season***. A new form will be designed to document show names, dates, level/tests within the level, judge, score, etc.

We will ***not*** require the show secretary to sign the form. ***We will require the rider to attest via his or her signature (or a parent's signature if the rider is a junior) that the scores are genuine.***

Recognized Competitions

Open to all active CDA members who compete in AHSA recognized dressage shows.

Riders and horse owners must be CDA members ***at the time of the show***. (The rider may count as owner if he or she has a leased horse.) Scores earned prior to this will not count.

Awards may go only to the ***same horse/rider combination***. Awards cannot be earned by the same horse/rider combination more than twice at each level.

Five scores at the same level from at least ***three different shows*** must be earned. Scores from at least ***three different judges per level and at least five tests***. The rider does ***not have to compete at the highest test in the level***.

Scores from tests at different levels cannot be combined (e.g. a rider may not submit three scores from Training level and two from First level for one award), although riders who meet all the criteria at more than one level can receive awards at both levels.

Scores must be a ***minimum of 52% for Training through Fourth levels, and 50% for FEI***. For FEI tests with more than one judge, the scores will be averaged and count as one score.

Awards will be based on the ***average score of the best five tests***.

Awards will be divided by Junior, Adult/Amateur and Open categories.

Riders must submit their scores at the ***end of the competition season***. A new form will be designed to document show names, dates, level/tests within the level, judge, score, etc.

We will ***not*** require the show secretary to sign the form. ***We will require the rider to attest via his or her signature (or a parent's signature if the rider is a junior) that the scores are genuine.*** Riders also may submit copies of their official show results summaries as provided by the USDF.

*There's no need to spend lots of dollars on this endeavor! Arm and leg weights can be purchased at any department store with a sporting goods section. You don't need fancy workout clothes...a pair of sweats and oversized T-shirt work just fine for me (I scare myself in anything less!). If you want some exercises, send me a self-addressed, stamped envelop and I'll mail you a copy of what I have. Most importantly....**HAVE FUN** and remember how much your horse will appreciate your body improvements!!!*

Mailing address: 32 Hope Valley Rd
Amston, CT 06231

E-mail addresses: Actadm23@UConnVm.Uconn.Edu or
RMcevitt@Snet.Net



The Connecticut Freestyle Championship

The Connecticut Freestyle Championship (CFC) program was established in 1997 to promote recognition of Connecticut's Dressage Freestyle competitions and award the excellence of the riders and horses who enjoy the sport and art of the Dressage Freestyle. Competitors from all levels - First through Grand Prix - are welcome to compete for fun and prizes. Qualifying classes for the Connecticut Freestyle Championship are the four (4) AHSA/USDF recognized Dressage Competitions held throughout the state each year. Information on the individual shows can be found in both the Connecticut Dressage Association's and the New England Dressage Association's yearly Omnibuses.

This year the Connecticut Freestyle Championship, presented by the Northeast Equine Journal, is sponsored by Smith-Worthington Saddlery Co., Hartford, CT, And Equestrian Arts Production, East Haddam, CT.

There will be one Champion and one Reserve in each division. The Champion of Division One will be awarded a Maxx Dressage Saddle from Connecticut's own Hartford-based saddlemaker, Smith-Worthington Saddlery. The top-of-the-line Maxx Saddle is constructed using full grain cowhide and pigskin, pure linen webbing, and superior steel-reinforced trees: the world's finest materials. Its wide, soft, medium-deep seat is comfortable and supportive. It's V suspension billets provide maximum leg contact and balanced fit the prevents unnecessary cantle rise. Maxx saddles fit a wide range of conformations. Flock stuffed panels are resilient, mold to the horse, and can be fine tuned as the horse muscles and matures.

Reserve Champion will receive two hours of freestyle of editing and/or revision of their freestyle program by Equestrian Arts Productions. Competitors may earn scores in one of two divisions. Division One is for riders competing at FEI Freestyle Intermediaire I through FEI Grand Prix Freestyle; Division Two is for competitors in USDF First through Fourth Levels.

The Champion of Division Two will receive one complete Freestyle Production Package from Equestrian Arts Productions in East Haddam, CT. Services with Equestrian Arts Production's own Ann Guptill include: riding consultation and analysis, full custom choreography, revision of current freestyles, music search and selection, audio tape production, musical editing and special effects. Reserve Champion will receive one Dressage Bridle from Smith-Worthington Saddlery Co.

QUALIFYING REQUIREMENTS for 1998 are as follows:

1. Open to all competitors residing anywhere in the U.S. and open to horses of any breed, sex or color.
2. Same horse/rider combination.
3. Division One - FEI Freestyle Intermediaire I and FEI Grand Prix Freestyle
4. Division Two - USDF First through Fourth Level.
5. Division One - To qualify for the Connecticut Freestyle Championship, the horse/rider combination must have a minimum of two freestyle scores, earned at two different qualifying competitions from two different judges. In addition, the same horse/rider combination must have two non-freestyle scores of 55% or better earned in a standard FEI test at the same level OR at any test of the next highest level from any of the qualifying shows. Non-freestyle scores will be used as a qualifying tool to demonstrate the ability of the horse/rider combination to perform the required movement at that level.

6. Division Two -To qualify for the Connecticut Freestyle Championship, the horse/rider combination must have a minimum of two freestyle scores, earned at two different qualifying competitions from two different judges. In addition, the same horse/rider combination must have two non-freestyle scores of 55% or better earned at the same level OR at any test of the next highest level from any of the qualifying shows. Non-freestyle scores will be used as a qualifying tool to demonstrate the ability of the horse/rider combination to perform the required movement at that level.
7. In both divisions all eligible scores will be recorded. The Champion will be determined by averaging the two highest recorded freestyle scores. If more scores are received, i.e. - one from each qualifying show, the two highest scores will be averaged. The highest average score meeting all qualifications with an average of 55% or better will be the Champion, the second highest will be Reserve. If needed, the highest test of the level will be used as a tie breaker.
8. AHSA rules for riding the Qualifying Class must be followed.
9. The same score may also be counted as a USDF/ABIG Qualifying score with the correct fee to management. Please check individual prize lists.

Qualifying classes will be held at the following competitions:

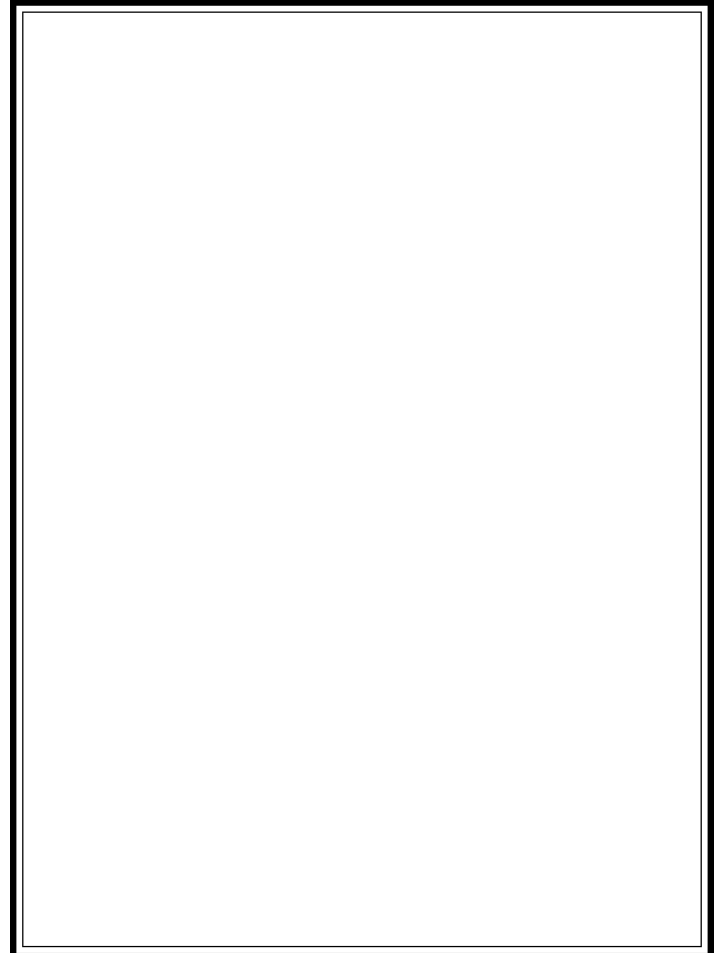
The Connecticut Dressage Association Spring Dressage Show on May 30 & 31 at the Ox Ridge Hunt Club in Darien, CT. The Mystic Valley Hunt Club Dressage Show.

June 6 & 7 at the Mystic Valley Hunt Club, Gales Ferry, CT.

The Connecticut Dressage and Combined Training Association's Summer Dressage, July 18 & 19 at the Westbrook Hunt Club, Westbrook, CT.

Finally, Ox Ridge Dressage at the OxRidge Hunt Club, Darien, CT on August 22 and 23.

For more information on rules and regulations visit The Beacon's Equestrian Life on the World Wide Web at <http://THEBEACON.com>.



Nominations for Board of Directors

It is time for the membership to place into nomination their choices for members to the board of directors.

You must have the nominations in by the 20th of April so that we may present the ballot in the May issue of Centerline.

Please sent or call your nominations to:

*Phillia and Charlie Osborune
82 Sharon Goshen Turnpike
West Cornwall, CT 06796*

or

Phone 860-672-6296

“And to create the Mare, God spoke to the south wind: I will create from you a being which will be a happiness to the good and a misfortune to the bad. Happiness shall be on its forehead, bounty on its back and joy in the possessor.”

The Koran

Cane Creek Farm Retirement Barn

Has your horse ever considered retiring to the North Georgia Mountains? Moderate climate, customized feeding and grooming, large stalls, wooden fences, staff trained in T.T.E.A.M., management on property, miles of nature paths for walking or riding. Board \$180 - \$250 per month. Cane Creek Farm, 706-864-9304.

HILL TOP STABLES



- A FAMILY BUSINESS -

- INDOOR & OUTDOOR ARENAS
- FULL CARE BOARD
- LESSONS
- SHOWS & CLINICS
- NEARBY TRAILS

485-0477

DICK, ARLENE, RICK & KARI BRADSHAW

1003 HILL RD.

HARWINTON, CT 06791



Don't look like this when you realize that you have forgotten your CDA Membership renewal and won't be receiving your May Centerline!!

Fill out your Application Today!!

**CDA JR/YR YOUNG RIDER TRAILER AND TRUCK WASH
APRIL 18 9AM TO 3PM**

RAIN DATE IS MAY 2

FAIRWEATHER FARM

315 SHRUB ROAD, BRISTOL, CT

**BASIC TRAILER WASH
(EXTERIOR ONLY)**

\$5 FOR A 2 HORSE

\$10 FOR A 4 HORSE

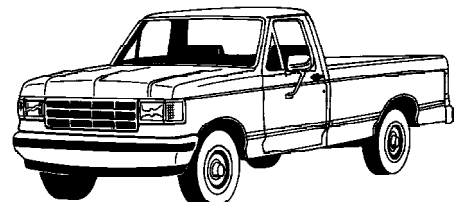
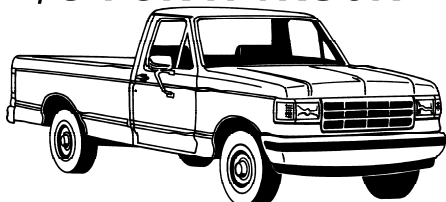
\$5 FOR A TRUCK



**DELUXE TRAILER WASH
(INTERIOR & EXTERIOR)**

\$10 FOR A 2 HORSE

\$20 FOR A 4 HORSE



REGION 8 EDUCATIONAL & FUNDRAISING SERIES

SESSION 1: ANN GUPTILL - “ How To Recognize the Progression Through the Training Scale”

APRIL 4 1998

Fox Ledge Farm, East Haddam, CT

Time: 1:00 p.m.-4:00 p.m.

Admission: \$20.00 if registered in advance; \$25.00 at the door; (Juniors & Young Riders: \$15.00).

Contact: Fern Feldman, 203-272-0711; fax 203-250-0333

SESSION 2: TUNY FULL - “ The Effect of The Correct Position of the Rider on The Development of the Horse”

APRIL 11, 1998

Hamilton Farm, Hamilton, MA

Time: Noon-3:00 p.m.

Admission: \$20.00 if registered in advance; \$25.00 at the door; (Juniors & Young Riders: \$15.00).

Contact: Fern Feldman, 203-272-0711; fax 203-250-0333

SESSION 3: TOM NOONE - “Riding Your Horse OFF The Forehand”

APRIL 26, 1998

Longmeadow Farm, Scituate, MA

Time: Noon-3:00 p.m.

Admission: \$20.00 if registered in advance; \$25.00 at the door; (Juniors & Young Riders: \$15.00)

Contact: Fern Feldman, 203-272-0711; fax 203-250-0333

Note: Trainers are totally donating their facilities, time and horses for these demonstrations.

ALL PROCEEDS GO DIRECTLY TO REGION 8.

Trainers to be scheduled: LENDON GRAY, DOROTHY MORKIS, SHELLEY FRANCIS, MICHAEL POULIN. Stay tuned!!!

—————tear here and send to register for any session—————

REGISTRATION FOR REGION 8 EDUCATIONAL SERIES

I plan on attending the following session or sessions: (please name trainer and date and location)

I will be paying for: (please state number of attendees)_____

Enclosed is a check for: (please state amount of check) _____

NOTE: CHECK MUST BE PAYABLE TO REGION 8 and must be received by Fern one week prior to the scheduled session to qualify for the discount.

Mail to : Fern Feldman, Region 8 Director
890 Mountain Road
Cheshire, CT 06410

I was complaining, fretting, stewing—call it what you will—the other day about the state of Region 8’s finances. I thought we needed to raise some money. I called Judith Noone. She called me back with the SOLUTION!!!

The REGION 8 EDUCATIONAL & FUNDRAISING SERIES

Judy has asked some of our very best professionals in Region 8 to donate their time, expertise, horses, facilities for a demonstration of their choice. Every penny raised will go directly to REGION 8.

What a fabulous opportunity to watch and learn from the following: TUNY FULL, TOM NOONE, LENDON GRAY, DOROTHY MORKIS, ANN GUPTILL, SHELLEY, FRANCIS, MICHAEL POULIN.

Each of these generous people will choose their own dates (at their convenience). At the moment, we have TUNY FULL scheduled for APRIL 11, 1998 and TOM NOONE scheduled for APRIL 26, 1998. The others will be scheduled far enough in advance that we can assure them a good audience. This is an ongoing project for 1998.

I LOOK FORWARD TO YOUR SUPPORT!!!