



CENTERLINE



CONNECTICUT DRESSAGE ASSOCIATION

MAY 2000

Connecticut Dressage Association

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CENTERLINE
Send address changes to
Pam Bilodeau

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 -
ct_dress_assn@geocities.com
Subject: Centerline

- CDA Website -
http://www.geocities.com/~ct_dress_assn/

May President's Message

Wow! Shows have started....the movement from heck has become innovative translation and of course it is a double coefficient! By now you certainly have received your Omnibus. It looks beautiful. I loved the new binding. It will make it real easy to use the tests. Thank you Corrie and Kim for a great job done!!!

By the time you receive this newsletter, CDA's first schooling show will be completed and we will be on the heels of the Recognized Show. At the last board meeting, we discussed several clinicians for the fall. I hope the next newsletter we will have dates etc. so you can put them on your calendar.

Our Recognized Show is just around the corner. The sponsorships are coming in slowly and we need your support. Even more important is volunteers. Volunteering is like being a sponsor. Without you we could not have a successful show. So, we hope when Kari Bradshaw calls, you try to help her or suggest someone who can. Do not be scared if you do not think you know enough to help. We do on the job training!!! It is a lot of fun to volunteer!

Please look for the info, (it is here this time!) regarding the tag sale. I know everyone has tack to sell and everyone who wants to come for bargains. So Sunday at the Recognized Show, June 4th, bring stuff to sell or come and shop. Either way you can enjoy the great competition.

This year's ballot for the board is in this newsletter. We need you to vote for whom you would like to see on the board working for you. At the June meeting the board will be voting for officers. So this is important.

Our next board meeting is May 9th at 7:30pm at Fern's and the main topic is the recognized show and setting up a clinic. Please come.

See you on the centerline...



Correction to the CDA August Schooling Show
The Location is TBA
Check Newsletter or Website for Location
Thanks!!

2000 CALENDAR

May 7

CDA Dressage Schooling Show
Once Again Farm
Penny Hawes
860-567-1441

May 9

CDA Board Meeting
Fern Feldman
203-272-0711

May 14

Litchfield Hills Equestrian Centre
To Benefit St. Jude's Children's
Research Hospital
Penny Hawes
860-567-1441

May 20

CDCTA
Riding To Music Clinic
with Ann Guptill
Fox Ledge Farm
Dorothy Z.
203- 877-5836

May 20-21

USDF Instructor Workshop
Morgan Hill Farm
New Gloucester, Maine
Leader - Sarah Geikie
Sam Morrison
207- 946-5045
e-mail
wlcmlhome@megalink.net

June 3 & 4

CDA Spring Competition
Ox Ridge Hunt Club
Debra Reinhardt
203-264-2148

June 25

Three Phase Farm
Brewster NY 10509
Marybeth Gordon 914-248-7136

July 9

Litchfield Hills Equestrian Centre
Dressage Schooling Show
Penny Hawes
860-567-1441

July 30

Three Phase Farm
Brewster NY 10509
Marybeth Gordon 914-248-7136

August 6

CDA Dressage Schooling Show
Location - TBA
Penny Hawes
860-567-1441

Who want's to be a Volunteer?

By Kari Bradshaw

Have you thought about this question and then said to yourself, "I would love to help but, what could I possibly do"? Well, there is a lot that you can do to help. Volunteering is fun and rewarding. I think that a lot of you, who have never done it before, refuse only out of fear for what you don't know or don't understand. If you never try, how are you ever going to learn? I must say that I used to be the same way. Cornelia Hamilton would do the usual. Call for help and up until about four or five years ago I would decline too. But, then one year I said why not! So, I helped out and what fun I had. I learned something new, met all kinds of great people and learned how to score tests all at the same time. And guess what? It was easy. If you can use a calculator, you can score. Do you have two feet and two hands, then you can be a runner, what's a runner you say? It's the person with the most energy that wants to work off the steak and cheese sandwich they just ate for lunch. They collect the tests from the judges' booths and returns them to the scoring trailer. Now that doesn't sound very hard to me. There are other great jobs like ring stewards and scribes. Scribing is the best. You want to know why? Well, if I could sit with a judge for a half day and listen to what they think about how each horse moves and what they are looking for when that horse is doing it's test, then I want to be scribing with the judge who is going to be judging me at my next show. It's like going to a free clinic as an auditor for a day. And if you can write you can scribe. As a Ring Steward, you will most likely get a nice tan. This position does require the suntan lotion, hat and sunglasses but, what a birds eye view of all the rides! All that needs to be done is to keep in contact with the announcer and inform the riders when they are to enter the ring. If someone doesn't show up on time then you call the announcer and he pages him or her over the intercom. This job is for the person with excellent vision, so you can read the little, tiny numbers on the bridles from five hundred yards away, or bring the binoculars.

So, there it is in a nutshell, none of it is hard, the only hard part is my job, and that's getting all of you to help out at the shows. So when I call to ask for you to be a volunteer, please think about it, even if you can only do a half-day it helps out so much. I will be calling all of you soon for the June 3rd and 4th show down at Ox Ridge. I plan on not only digging up the volunteers for the show, but I also plan on riding in it. So that there are no excuses that you don't have the time! Please put it on your calendar now. Don't forget the August show either, that's the ABIG Region 8 Championships, I am doing that one too. It's on the 25th, 26th and 27th. Besides, by volunteering it will most certainly make you feel like a millionaire!!

As Debbie would say, see you on the centerline!!

Kari Bradshaw
Volunteer coordinator

Olympic Dressage Trials Moved to Florida

GLADSTONE, NJ (AP)-The Dressage Olympic Selection Trials have been moved from New Jersey to Florida due to concerns about the West Nile Virus. The trials were to be held at the headquarters of the United States Equestrian Team here May 13-14 and 20-21. They will now be held the same weekend at White Fences Showgrounds in Loxahatchee, Fla. Recent evidence that the virus survived the winter in the Northeast has raised concerns about possible restrictions on travel to Europe for horses that have been in New Jersey. The top five finishers in the USET trials are due to next compete in Europe before the final four horse/rider combinations are named for the Sydney Olympics in September. The travel concerns do not affect the status of the show jumping and three-day squads that will also compete and train at Gladstone later this spring and summer. "We're monitoring the situation and whether it would affect their welfare and their shipping status," said Jim Wolf, USET director of the three-day event team. "Right now it's a go." "Last year, the European Union effectively shut down JFK Airport for horses coming from New Jersey," said USET Executive Director Robert C. Standish. "Without any knowledge as to what the E.U. may do this year, we feel it best to move our selection trials rather than risk our Olympic dressage horses' chance of competing in Europe."

Dressage un Ltd. Brings the Connecticut Freestyle Championships to the Internet.

Elizabeth C. Watts

Now when surfing the web equestrians can ride the wave directly to the Connecticut Freestyle Championship's homepage at www.dressageunltd.com/ctfreechamps. Dressage freestyle enthusiasts and competitors are just one click away from viewing rules, qualifying shows, sponsor and prize information, and more for the Connecticut Freestyle Championships (CFC).

"Dressage un Ltd (DUL) is very excited to be able to provide live coverage of the CFC," says DUL founder Kyra Beth Houston. "Results from the qualifiers will be on-line the same day, photos and profiles of the competitors, and interviews with the winners will also appear on the website. For the Championship itself, we will have instant results and digital cam photos of the competition posted as they occur. As Olympic judge Linda Zang said, 'Freestyles are the future of dressage.' We are delighted to help promote the CFC!"

WHO CAN COMPETE?

Entering its fourth year, The Connecticut Freestyle Championships are presented by the Equine Journal and sponsored by Pfizer's Animal Health. This Championship competition is open to all riders residing anywhere in the U.S. and to horses of any breed, sex, or color. The CFC currently offers awards in two divisions: Division One is open to competitors at the FEI Freestyle Intermediaire I, II and FEI Grand Prix Freestyle levels. Division Two is open to competitors at the AHSA/USDF First through Fourth levels. Qualifying classes are held at any of Connecticut's AHSA/USDF recognized shows.

In 2000 there are three (3) qualifying shows where competitors can earn the points necessary to win cash and other great prizes. There are absolutely no additional entry fees for CFC classes and the same score may also be counted as a USDF/ABIC qualifying score with the correct fee to management. In fact, many winners of the Connecticut Freestyle Championships have gone on to become Regional and National Champions in their divisions with the United States Dressage Federation.

Past winners of the Connecticut Freestyle Championships have been awarded cash, saddles, bridles, customized artwork, and much more. The 2000 Championships will once again offers great prizes, so start working on your freestyle today!

WHAT CAN YOU WIN?

Sponsors for the 2000 Connecticut Freestyle Championships include Pfizer Animal Health, Creative Works of Art by Katherine Ortis-Crouch, Smith-Worthington Saddlery, Stateline Tack, Bevals, Horse Classics Calendars, Mona's Monograms, Fox Ledge Tack Shop, and Founding Sponsor - Equestrian Arts Production, a freestyle music and movement production company. Cash awards will go to the Champion and Reserve Champion in two divisions.

Champion of the FEI division will be awarded \$500 cash and also win a monogrammed wool cooler courtesy of Beval's and Mona's Monograms; a customized oil painting of their horse by Creative Works of Art; a set of 2001 Horse Classic desk and wall calendars from Horse Classics Calendars; and a \$100 dollar gift certificate from Fox Ledge Tack Shop. Reserve Champion of the FEI division will be awarded \$350 dollars cash; and two(2) hours Freestyle editing and/or revision courtesy of Equestrian Arts Production.

Champion of the AHSA/USDF First through Fourth level division will be awarded \$250 dollars; a monogrammed wool cooler courtesy of Beval's and Mona's Monograms; a Dressage Bridle courtesy of Smith-Worthington Saddlery; and a complete customized freestyle package courtesy of Equestrian Arts Production. Reserve Champion will receive \$150 dollars and a gift certificate from Stateline Tack. All winners will receive free on-line memberships to Dressage un Ltd, and a one-year subscription to The Equine Journal.

DANCING TO THE MUSIC

The dressage freestyle became an integral part of Olympic competition in 1996. Contenders for the 2000 Olympics are now focusing serious efforts on music and choreography for their freestyle performances, but competitors at all levels can enjoy the sport of dancing to the music with their horses.

Musical freestyles have been likened to figure skating or the ballet for good reason. With a strong scoring system that carries separate marks for qualities such as the interpretation of music, inventiveness, and harmony between horse and rider, contenders have the added dimension of melding music to movements affording them the opportunity to focus on their individual strengths.

Tying movements to music is an enormous effort with results that are as fun to watch as they are to ride. While not everyone aspires to be any Olympic contender, riders of all ages can perform a freestyle and with the right combination of personality, musical inspiration, and originality a lower level ride can become just as inspiring as a Grand Prix performance.

FUN FOR EVERYONE

You don't have to be a dressage enthusiast, you don't even have to ride, to enjoy a dressage freestyle performance. While many think that dressage horse shows are for the few, they truly can be enjoyed by many. Connecticut's recognized dressage shows are a great place to get together with family and friends and enjoy a day out. Facilities usually offer plenty of parking and access to food vendors. Larger shows even offer entertainment, trade shows, and other fun at a low cost. Often times your only expenditure is the gas to get you there!

Attend any one of Connecticut's three recognized shows and enjoy the Connecticut Freestyle Championships. The qualifying shows are specifically the Connecticut Dressage Association's Spring Competition, Ox Ridge Hunt Club, Darien, CT - June 3 & 4; the Mystic Valley Hunt Club Inc's Dressage Competition, Gales Ferry, CT - June 10 & 11; and the Ox Ridge Dressage Summershow & Region 8 Championships, Darien, CT August 25-27. Stop by and get a taste of what dancing with horses is all about and you will see and hear why dressage can be enjoyed by everyone. For more information on the Connecticut Freestyle Championships please call (860) 873-8108 or visit www.dressageunltd.com/ctfreechamps.

Contact: Please visit the Connecticut Freestyle Championship home page at www.dressageunltd.com/ctfreechamps

Elizabeth C. Watts 853 Old Colchester Road Oakdale, CT 06370
phone: 860/848-4406 fax: 860/848-4476 e-mail: beth@cshore.com

Opening Date: April 17, 2000

Closing Date: May 15, 2000

Connecticut Dressage Association Spring Competition

Days & Dates: Saturday, June 3 and Sunday June 4, 2000
Official Name: Connecticut Dressage Association Spring Competition
Location: Ox Ridge Hunt Club, Darien, CT
Manager: Debra Reinhardt
(203)264-2148
debra.reinhardt@snet.net

Secretary: Steve Reinhardt
160 Woods Way Drive
Southbury, CT 06488
(203)264-2148
steve.Reinhardt@snet.net

Judges: Betsy Berrey, MA, (S)
Lois Yukins, MA, (S)
Ruth Sarkunas, MA, (R)
William Warren, RI, (r)

Technical Delegate: Halina Passaro, NJ

Levels: Training through Grand Prix, including FEI Jr/YR Selection Trial for Region 8. AA and Jr/YR classes offered at each level as noted, with 3 or more entries. ABIG/USDF Qualifying including Connecticut Freestyle Champion (CFC) Qualifying classes offered.

Awards: All 1st place will receive a trophy sponsored by the **Equestrian Centre**. Six ribbons will be presented in each class. Awards for high scoring Open, Jr/YR, Adult Amateur, and CDA Member. To qualify for CDA member award you must be a member by closing date. To qualify for Adult Amateur award you must be an AHSA AA.

Entries: a) Leadline class-\$10. Training thru Second-\$35 per class. Third thru Fourth, USDF Freestyles-\$40 per class. All FEI classes -\$45 per class. Qualifying classes add \$10 to class fee. b) An \$8 drug fee, a negative Coggins dated within 12 months of show date, and copy of AHSA and USDF cards for Rider, Owner, and Trainer; and AHSA and USDF papers for the horse, if qualifying, are required with each entry. Please include \$20 AHSA non-member fee or \$5 discipline fee if applicable. c) Make checks payable to CDA. d) No refunds after closing date. e) Incomplete entries, including missing AHSA cards, will be subject to \$10 fee. f) Non-negotiable check will be charged \$20. g) Refunds will be given for cancellations received in writing before the closing date less \$10 office fee. h) Post entries will be accepted to fill scratches with a \$20 post entry fee.

Times: Times will be mailed at least one week prior to the competition.

Stabling: Limited number of temporary stalls available at \$125 for duration. A stall cleaning deposit of \$25 on a separate check is required. Tack stalls available only if space permits. No refunds on stabling after closing date (except for stall deposit). May arrive on Friday afternoon, must vacate by 7pm Sunday.

Accommodations:

Double Tree, Exit 13 Norwalk off I-95. 203-853-3477, host hotel - \$79
Holiday Select, Exit 8 off I-95. 203-358-8400. Pets allowed! - \$89
Howard Johnson, Ledge Rd, Darien, CT 203-655-3933

Directions:

From New York: Exit 10 off CT I -95; left off ramp, right at fourth light, Middlesex Rd. Two miles to entrance on right.

From New Haven: Exit 10 off CT I-95; (Noroton Heights), bear left at island, and continue uphill to stop light, turn right, go to third light, turn right onto Middlesex Road. Two miles to entrance on right.

From New York or New Haven on Merritt (cars only): Exit 37, Rte 124 south, right off ramp, 1.5 miles to Middlesex Rd, turn right and bear left at stop sign, entrance on left.

Footing: Two sand arenas with sand warm up. Two sand arenas on grass and warm-up on closely mowed Polo Field.

Entertainment: Food available on the grounds beginning 7am each day. Competitors Party after classes end on Saturday.

Other: Management reserves the right to combine, divide, or cancel any class. Farrier on the grounds. Veterinarian on call. All dogs must be leashed.

Class List:

100. Leadline	10yrs & Under	Sun.
1. Training Level Test 1	Open/AA/Jr-YR	Sat./Sun.
2. Training Level Test 2	Open	Sat./Sun.
3. Training Level Test 3	Open	Sat./Sun.
4. Training Level Test 4	Open/ ABIG/USDF Qualifying	Sat./Sun.
11. First Level Test 1	Open	Sat./Sun.
12. First Level Test 2	Open/AA/Jr-YR	Sat./Sun.
13. First Level Test 3	Open	Sun.
14. First Level Test 4	Open/ABIG/USDF Qualifying	Sat./Sun.
21. Second Level Test 1	Open	Sat./Sun.
22. Second Level Test 2	Open/AA/Jr-YR	Sat./Sun.
23. Second Level Test 3	Open	Sat.
24. Second Level Test 4	Open/ABIG/USDF Qualifying	Sat./Sun.
31. Third Level Test 1	Open/AA/Jr-YR	Sat./Sun.
32. Third Level Test 2	Open	Sat.
33. Third Level Test 3	Open/ABIG/USDF Qualifying	Sat./Sun.
41. Fourth Level Test 1	Open/AA/Jr-YR	Sat./Sun.
42. Fourth Level Test 2	Open	Sat./Sun.
43. Fourth Level Test 3	Open/ABIG/USDF Qualifying	Sat./Sun.
50. FEI Test of Choice*	Open/ABIG/USDF Qualifying	Sat./Sun.
55. FEI Jr Team Test	Region 8 Selection Trial	Sat.
56. FEI Jr Individual Test	Region 8 Selection ABIG/USDF Qualifying	Sun.
57. FEI YR Team Test	Region 8 Selection Trial	Sat.
58. FEI YR Individual Test	Region 8 Selection ABIG/USDF Qualifying	Sun.
60. Freestyle First thru Fourth	Open/ABIG/USDF Qualifying/CFC	Sun.
61. FEI Freestyle	Open/ABIG/USDF Qualifying/CFC	Sun.

*FEI Test of Choice will be split if entries warrant.

**Please note the class number, day, and Open, AA, Jr/YR or Qualifying if applicable on your entry.

*** Leadline class held during lunch break, participants will be asked to salute judge, clean & neat attire shoes with heels, and helmet required.

TACK TAG SALE

Where: CDA Recognized Spring Dressage Show
Ox Ridge Hunt Club, Darien, CT

When: Sunday - June 4, 2000

Take advantage of this opportunity to clean out your tack rooms. We all have extra equipment that we no longer use. You can sell all of your extra tack, clothing and supplies here!

For \$10.00 CDA members can rent a six-foot table from us in our tag sale area to display and sell your items. (\$20.00 for non-members)

Cut here and return bottom portion

Please reserve _____ table(s) in the Tack Tag Sale for \$10.00 each (CDA member)

Please reserve _____ table(s) in the Tack Tag Sale for \$20.00 each (non-member)

Name: _____

Address: _____

Day Phone (____) _____ **Evening Phone** (____) _____

Amount enclosed \$ _____

Make check payable to: CDA

Mail to: Kim Lombardi, 106 Treble Road, Bristol, CT 06010
860-589-8496, curt47@erols.com

Deadline May 15, 2000

THE LENDON GRAY SCHOLARSHIP AWARDS—GUIDELINES For THE NORTHEAST JUNIOR/YOUNG RIDER DRESSAGE CHAMPIONSHIPS

Mission of the NEJYR Dressage Championships: To encourage riders under 21 to become true horsemen with correct position, competitive skills, and knowledge of all aspects of riding and horse care; to offer scholarships to enable competitors to further their education; to have fun and develop good sportsmanship throughout.

SCHOLARSHIP GUIDELINES:

Applicants must have competed in the NEJYR Dressage Championships within the last two years, be actively pursuing a specific goal, and be able to demonstrate ability commensurate with stated objectives.

The Scholarship moneys must be used for specific educational expenses that include, but are not limited to, seminars, workshops, clinics, and training programs.

Programs must have a stated objective, a defined beginning and end, and must be for the specific purpose of advancing the individual's horsemanship skills, knowledge, or experience.

Scholarship Awards will be paid directly to the individual upon submission of an expected educational expense budget and a signed Letter of Agreement. Any money awarded but not spent to achieve the goal outlined in the Application must be returned to the NEJYRC.

Scholarship Awards generally range from \$100 to \$500, but may be more generous, depending on funds available and the scholar's goals.

The scholarship recipient will be required to write a report or story about his or her experience in the form of a letter, journal, diary, or photograph. This will be kept by the Committee, shared with local organizations if applicable, and may be used for publicity purposes to advance the overall awards program.

All decisions of the Committee are final.

THE LENDON GRAY SCHOLARSHIP AWARDS APPLICATION (On a separate sheet of paper include the following information)

Name
Age
Address
Phone and e-mail

List any horse organizations to which you belong.

List any other grants, scholarships, or financial awards received (horse-related).

Describe your overall goals or objectives as they relate to dressage (or horses).

Describe your competition experience, including discipline, level, results, scores, or placings.

Where do you normally ride?

Do you have a regular trainer? If yes, please name.

Describe your specific goal and your reason for applying for a Lendon Gray Scholarship at this point in time. If available, please include information or a flyer/brochure on the program, a bio on the person with whom you will be working, etc.:

Information on the Program or Individual

Location

Time frame

Expenses expected (please itemize as much as possible)

Letters of reference: please include 2-one must be from a "non-horse" person

Please list some activities you are or have been involved in that you feel would be relevant to this application-those that demonstrate some of your strengths, such as: scholastic achievements, leadership, community involvement, teamwork, working student positions, horse-management responsibilities, Pony Club, 4-H involvement, etc.

Please sign and date the application and mail to:
Ann Pereira
25 Forest Street, Apt. 7K
Stamford, CT 06901

Qualify in one weekend by entering these new two, one day shows!



at

Westbrook Hunt Club

**It is the last weekend for qualify for the
USDF/ABIC Region 8 Championships**

**Show I : July 29, 2000
Show II : July 30, 2000**

All new footing!

For Prize list or information call Kim Lombardi,
860-589-8496 or curt47@erols.com



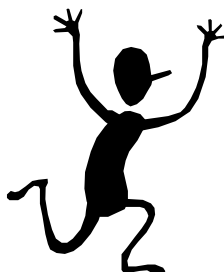
CDA JR/YR

**PHOTO CONTEST
ATTENTION ALL CDA
MEMBERS!**

THE JR/YR'S ARE HAVING A PHOTO CONTEST WHICH IS OPEN TO EVERYONE. THE ONLY SPECIFICATION IS THAT IT BE HORSE RELATED.

**THE COST IS \$5 PER ENTRY
THERE WILL BE TWO DIVISIONS, ADULT, AND JUNIOR.**

**PRIZES AND CASH PRIZES WILL BE AWARDED TO THE TOP
THREE WINNERS IN EACH DIVISION.
THE DEADLINE FOR SUBMITTING PHOTOS IS JUNE 30,2000.**



SO, DON'T WALK, RUN TO GET YOUR CAMERA!

**PLEASE MAIL PHOTOS TO:
PAM BILODEAU**

**145 MINE RD
BRISTOL, CT 06010 860-585-8693**

Region 8 Symposium
BASIC BUILDING BLOCKS: Development of Horse and Rider towards FEI Levels
With LENDON GRAY and LILO FORE

July 6-7, 2000, Gleneden Dressage, Bedford, NY 10605
Hours: 8:30 a.m.-4:00 p.m.; food available for purchase

Fees: Pre-registration for both days: \$100.00; juniors: \$50.00
Pre-registration for one day: \$65.00; juniors: \$30.00
Pre-registration for a group of four people for both days: 4 for the price of 3 (\$300 for 4 adults; \$150 for 4 juniors).
Names must be specified on registration form and must be sent in as a group with a check or checks.

PRE-REGISTRATION DEADLINE: envelopes must be postmarked by JUNE 24, 2000.

On-site registration: 2 days: \$125.00; one day: \$75.00; juniors: \$65.00/\$35.00
Checks should be made payable to USDF REGION 8.

It has been said that it takes more than one lifetime to learn dressage. Well, Lilo and Lendon offer us a full two lifetimes of riding, teaching and judging. This is an outstanding opportunity for Adult Amateurs, Juniors, Young Riders, and Professionals to broaden their experiences.

With handouts, lecture sessions, roundtable opportunities, and demonstration horses and riders, Lilo and Lendon will demonstrate and teach how they develop their students and horses always keeping the Training Scale in mind. As a true "training conference", there will be discussion sessions on theory and teaching problems.

This will broaden your knowledge and experience; it will educate your "eye"; and no doubt it will reflect the "way it really is" in your barn, with your horse, with your trainer, with your students.

In an effort to offer a reality-based experience, Lilo and Lendon will use all possible combinations of horses and riders from the super-talented to the just plain average but affordable models that we all have to work with. The situations will be realistic: the tank of a horse; the frantic horse; the horse without the lengthening; or the horse that is always crooked; probably even the ex-jumper or hunter you need to make into a dressage horse. You never have every answer, but let these two experts share their years of experience and expertise.

Have you always wondered how a canter circle becomes a canter pirouette; how a basic working trot becomes piaffe/passage; how a canter depart becomes one time changes? Well, this will be an opportunity to not only learn the training techniques but to actually see it ridden by demo riders and by Lilo and Lendon. Treat yourself to an excellent educational opportunity!

Lilo Fore has her FEI "I" judges license and has judged many CDI-W shows, qualifying international shows and USET Selection Trials. She was involved with the USDF Instructor Certification program from the outset, is an Examiner for the program (as is Lendon) and is Chair of the Instructor/Trainer Council for USDF. Lilo is also an examiner for the USDF Sporthorse breeding program, as well as a sporthorse breeder herself. She has trained both horses and riders nationally and internationally.

Lendon Gray is a two-time Olympian who started her professional career at 15 years old. A Graduate A Pony Clubber, Lendon is actively involved with various committees with both AHSA and USDF. She is the winner of more national championships than any other rider in the United States, all on self-trained horses, and has coached many national and regional champion riders as well. Lendon has written numerous articles, and has authored an extremely popular series with Practical Horseman for a number of years.

For reservations and information, please contact Fern Feldman, 203-272-0711, FernF@home.com; or Ruth Toporoff, 914-666-2191 (leave message during day; calls will be returned between 7-9 p.m.) Ruthtop@aol.com.

Directions to Gleneden Dressage: from I-684 north or south, take exit 4 East towards Bedford, Route 172. Go approx. 1 mile, Sunnyfield Farm/ Gleneden Dressage is on your left yellow sign on fence).

Registration form: (please detach and send with your check to RUTH TOPOROFF, 12 ALICE ROAD, BEDFORD CORNERS, NY 10549.)
Checks should be made payable to USDF REGION 8.

I am pre-registering as an adult for both days at \$100.00. ____
I am pre-registering as a junior for both days at \$50.00. ____
I am pre-registering as an adult for one day (please specify which one) at \$65.00. ____
I am pre-registering as a junior for one day (please specify which one) at \$30.00. ____
I am pre-registering a group of four adults for both days at \$300.00. _____

The four names are: _____

I am pre-registering a group of four juniors for both days at \$150.00. _____

The four names are: _____

RIDER BIOMECHANICS: TECHNICAL DEVELOPMENT FOR DRESSAGE

Dressage, in essence, is the classical ballet of equestrian training encompassing a relationship of precision control of the human frame in coordination with the precision movements of the horse. The rider's control of his/her body and center over the horse's center of gravity provides the optimal pathway for communication and cooperation between horse and rider.

The classical ballet mechanical ideal for postural alignment represents the most balanced, integrated and non-stressed relationship of the joint complexes of the spine and extremities. It is crucial to understand that any deviation from correct alignment corresponds with a degree of stress and compensatory changes. This foundation will prove important not only for sports training but for everyday activities, such as walking, climbing stairs, working at a desk, etc.

SportBallet Online has recently added an article entitled "Rider Biomechanics: Technical Development for Dressage." Topics include: understanding the biomechanical ideal of postural alignment from classical ballet training, the importance of flexibility and how to use this standard reference point to enhance the rider development from beginner through advanced levels.

This article is available on the web at:

<http://www.sportballet.com/dressagepart1.html>



All articles are to be submitted by the 15th of the month. They can be mailed to me at:

John Gordon
Attn. CENTERLINE
24 Darren Court
Waterbury, CT 06708-3903

or
They can be Emailed to me at ct_dress_assn@geocities.com

In the Subject line: Centerline

Please send them as an Attachment in either Word for Windows, WordPerfect, RTF or in a plain text file Format if possible.

Attention Show and Clinic Organizers, Trainers, Stables and Organizations:

Don't forget to send us information about your activities for the 2000 CDA Calendar of Events!!! Send a one-line description, dates, locations, and contact person's name and phone number. We'll be delighted to include it in Centerline's regular calendar at no cost.

Thanks,
John

