

# A Tip of the Hat

THE NEWSLETTER OF THE NEW ENGLAND DRESSAGE ASSOCIATION

## A Journey Into Lightness

2010 NEDA Spring Symposium with Bettina Drummond

∞ BY PEGGY HALPIN ∞

**T**his year's NEDA Spring Symposium offered participants an opportunity to go back in time to the golden age of high school riding as practiced in France in the 18th and 19th centuries. The symposium, held April 30 – May 2 at Apple Knoll Farm in Millis, Massachusetts, featured Bettina Drummond, who provided an in-depth look at the French system of academic training. The three-day symposium offered a mix of traditional clinic-style lessons mixed with demonstrations and lectures on the history and training techniques of the French academic system.

This year's symposium gave participants a glimpse into a world not known by many who focus solely on competitive riding and both participants and Bettina gave much thanks to NEDA for supporting such an educational experience. Bettina is often referred to as a classical trainer, but she prefers the term "academic." She has spent much of her life in the company of many of the world's great masters. She started training with Portugal's great riding master Nuno Oliveira when she was only seven. Her riding was also influenced by other great masters of the late 20th century, including General Pierre

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photo by Carole MacDonald

Shrier Pour Vous Y Moi ( Vousy ) and Bettina Drummond.

## NEDA Spring Dressage Competition 2010

∞ BY JANE SHEEHAN ∞

**I**f there were any glitches in the NEDA Spring Show, this observer didn't see them. Paul Cormier, NEDA President and Show Manager, as usual managed to conjure up sunshine with temperatures in the 60's and 70's. Except for a bit of gusty wind off the nearby ocean on Saturday, it was ideal weather for a horse show. This was NEDA's third year at the Marshfield Fair Grounds on the Massachusetts

South Shore, and thanks to Leonard Laforest, President of the Marshfield Fairgrounds, and his staff, the four competition rings and two warmup areas were regularly groomed and watered as the busy schedule allowed. 179 horse-rider combinations competed over the two days, May 15 and 16.

High Score Awards rewarded rides at various levels on both  
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Kaylee Angstadt on Firenze.

photo by Carole MacDonald

**A Tip of the Hat**

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New England Dressage Association

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## President's Message

# NEDA Kicks Off the 2010 Season with 3 Great Events

~ BY PAUL CORMIER, NEDA PRESIDENT ~

Greetings NEDA Members,

Well it looks like we have gotten off to a good start this spring. We've been able to offer something to meet the needs of our members in just the first 3 weekends of May. The first weekend NEDA conducted our Spring Symposium with Clinician and Trainer Bettina Drummond. This was an amazing 3 days of dressage from a different perspective than we are use to. The nearly 200 auditors were given a glimpse into the classical French method of training. We saw 26 horses and 20 riders being taught to work in harmony with each other to accomplish classical movements for use in the modern form of dressage. For such a great educational experience I want to thank organizer Linda Mendenhall and the 20 plus volunteers, as well as the management and staff of Apple Knoll Farm who worked so hard behind the scenes to make this an enlightening weekend.

The second weekend of May went in a little different direction. Sally Davenport put together a fantastic Handling Clinic for anyone who wanted and needed some help with future sporthorse competition horses or maybe just a little help in knowing how to control your competition horse at an FEI jog. Pineland Farms Stallion & Young Horse Manager Bobby Murray did a wonderful job of showing the 21 participants, nearly a dozen horses and 50 plus auditors the proper way of dealing with a horse from a different angle, that of being on the ground and not in the saddle. Our thanks go to Lyn Spinella and Brookside Equestrian Center in North Smithfield, RI for hosting this event.

And finally weekend number 3 was the NEDA Spring

Dressage Competition held for the third year at the Marshfield Fair Grounds in Marshfield MA. The gods were with us this year and the sun was shining for the entire 2 days of the show. I was finally able to fix the switch on the wind machine and Sunday was considerably less breezy than Saturday, but all in all it was a stupendous show. Thanks to our Secretary extraordinaire, Sue McKeown, the show ran like clock work and with the help of nearly 50 volunteers the horses and riders were all happy campers. We would also like to express our gratitude to George Yered for the loan of the trailers used as judge's boxes, Heritage Dressage Association for the loan of the solid arenas and also a thanks to the staff of the Marshfield Fair Grounds for maintaining a wonderful horse show facility. Three great events in three weekends and it all happened because of the VOLUNTEERS.

We appreciate our volunteers. What they do is noticed by people around the dressage community as you can tell by this email I received after the show

*Dear Paul*

*I am really the one to thank you, and your great volunteer staff for one of the absolutely best run shows! It is a hard act to follow for other shows, it is also great to see how much fun you all have together,*

*Thank you for including me, Susanne*

Sincerely,

Paul Cormier



*The mission of the New England Dressage Association is to promote and support the Art and Sport of Dressage to the equestrian community for the purpose of fostering individual and collective growth by providing leadership, education, exhibitions, publications, competitions; and to enhance greater public awareness, understanding, and appreciation for the discipline of Dressage.*

*(A Journey into Lightness continued from page 1)*

Durand, former *Ecuyer en Chef* and *Commandant* of the French National Equestrian School in Saumur, and Lieutenant Colonel Paolo Angioni of the Italian Cavalry.

In the following excerpt, Peggy Halpin provides an auditor's perspective of day one of the year's NEDA Spring Symposium.

The literal translation of the French word "Dressage" is training, however if you are a student of Bettina Drummond the translation would be art. The canvas is the horse that is trained to perform in a relaxed balanced frame in lightness, not driven forward and then balanced back with restraining aids. Training and riding are quiet, pensive and observant. Corrections are done in a gentlemanly way in search of the horse understanding what the rider or ground person is requesting. Bettina became a master of horsemanship in her twenty year journey through the French classical system of riding beginning with Nuno Oliveira.

Bettina began the clinic with the in-hand training for which she is well known. She brought out her nine-year-old registered American Quarter Horse stallion, Vousy, dressed only in a bridle, long lines and a surcingle. As Bettina drove Vousy in the long lines, she explained that work in hand is



photo by Carole MacDonald

Jakki Ross and Amado.

passive and side reins are not used. The goal of the trainer is simply to have the horse understand. Bettina lunges younger horses and does not start them in long lines since she feels this is too destructive for contact. Even though she carried a long whip, her request for forward movement from Vousy, which was almost imperceptible to the auditor, was a little touch of the cloth lines on either side of the haunches. When the horse responds to the forward request she gives the line to

*(A Journey into Lightness continued on page 7)*

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(A Journey into Lightness continued from page 4)

let the horse move forward, and if he takes advantage of this and begins to run she stops the horse and backs him up. Bettina did advise budding “long liners” to drive a horse that does not have hind shoes for safety. As she continued the in-hand work with Harold LaDue and Je Suis, a three-year-old half Lusitano gelding, Bettina demonstrated how to use the whip in front of the horse on the ground to get the horse’s attention and focus. She teaches young horses that the whip is not an enemy and uses it to guide the horse and frequently directs the forward movement of the horse by using the whip at the horse’s girth area where the rider’s leg will be to make the horse sensitive to the leg. When breaking horses in the 18th Century theme, the trainer is looking for balance not gaits. Full training does not start until the horse is 4 years old and gait development does not start until the horse is 5 or 6 years old. Her path of training begins with lungeing, progresses to long lining and then work in a saddle and then work with a rider. Bettina states that “there is no such thing as classical training, there is academic training as opposed to Calvary training, which is focused on forward”. The French academic horse must be able to halt and stay with the rider. So the French spend a great deal of time calming the horse down and relaxing him. A fearful horse is taught to halt in shoulder-in position.

As the clinic progresses to Bettina guiding mounted riders from the ground, the work is quiet, slow and focused. Bettina observing each step the horse makes and correcting and directing the horse to that magical balance point. Bettina likes riders to use a neck strap, a stirrup leather placed over the horse’s neck, so that they learn to have a quieter hand. As she works from the ground with mounted riders she likes to use the whip in front to keep the horse’s focus down and when requesting the horse move forward uses the whip gently in the girth area to teach the horse to go forward from the leg.

Elizabeth Braverman and Camelot’s King, an eight-year-old Holsteiner/TB, move on to work with the pillars to improve the rider’s balance by learning to sit up straight and using her weight and legs not her hands to move her horse around a pillar in shoulder-in and renvers. Two pillars were ingeniously constructed and donated by Har-Lynn Farms, which made them to Bettina’s standards. Elizabeth was to imagine two concentric circles around a pillar, one for the forehand to travel on and the second for the haunches. Guiding the horse around the pillars with the haunches-in



photo by Carole MacDonald

Regina Agren and Saltando de Norte with Bettina Drummond. teaches the horse and rider to balance on the haunches, the rider learns to lift the horse’s back and the horse learns to respond to the rider’s seat. Thus the connection between the rider’s seat and the horse’s back is formed and reinforcing the goal of the French system to make the horse manageable and flexible before going forward. (Listening to this I recall the 2001 USDF National Symposium with Isabell Werth in Scottsdale, Arizona. One of Isabell’s mantra at this clinic was “chew and bend before each transition”. Dressage Today, July 2001)

In the French system, teaching a horse to be balanced is done in a way that is effortless for the horse and rider. According to the 18th Century principle of lightness the horse is never leaning on the hand or behind the leg. The French half-halt follows in this mindset, where the hand receives the half-halt but does not initiate it. Continuing in the quiet focused method of training, Regina Agren brings out Saltando de Norte, a nine-year-old Lusitano stallion for his

second time to work in the pillars. Bettina states that pillars are used to judge what stepping up demands will provoke in the horse, thus providing a way to assess the horse’s temperament for upper level work. She proceeds to quietly work Tando in half steps in the pillars asking him successfully to half step and stay straight.

Bettina advises Annie Morris riding Zodiaco a 6 yr. old Lusitano Stallion, to “have a conversation with your hand position”. The horse is not releasing in the base of his neck and using his back muscles. She guides Annie to ride

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*Lightness is a consequence of balance. In perfect lightness, the horse can move in any direction. The hallmark of French riding is the quietness of the rider, the rider does very little and the horse and rider are listening.*

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(A Journey into Lightness continued from page 7)

Zodiaco in a large volte brining his inside hind in on the bend of the circle and underneath his center of gravity. As Annie over flexes the horse's neck, Bettina admonishes her that "2 grabs do not make a light". As the horse is resisting in the tongue, Bettina would like Annie to raise her inside hand and use her wrist to request flexion from Zodiaco. Working with Zodiaco, Bettina says that in her mind, it is often a waste of balance to show Lusitanos at the lower levels because they are built to collect and are therefore, much better when ready for the higher levels. Bettina also prefers to work a horse in a double bridle where she can use the curb bit for uphill balance. She wants to "be born aloft by the double bridle". She also believes that "on the bit" does not exist. She trains her horses to be through the bit and wants her horse "to be like a cat, approaching his prey".

Bettina reminds Leslie Kornfeld riding Revel, a 12 yr. old Lusitano gelding, that flexion should free up the base of the neck, not compress it. She requests that Leslie use the back of her shoulder blades to hold her down in the center, bringing the inside hind under in the corners and requesting that the outside hind push forward. Bettina requests that Leslie use the corners to collect her horse. Collection is the back of the horse relaxing into the contact. Bettina stresses with many riders the use of their shoulders to move the horse's shoulders in lateral work and in the corners.

As Bettina likes to demonstrate that the French philosophy of lightness will work with any breed, selected for this clinic was Rhonda Piper and Chancellor a 5 yr. old draft cross. This was an excellent opportunity for Bettina to demonstrate that with the French principle of lightness one does not need to be a giant to influence a big horse. Working with Rhonda gives Bettina the opportunity to speak about lightness in terms of attitude not just physical lightness. As Rhonda releases Chancellor's reins for a well-earned break, Bettina advises her to relax and not pump with her seat to drive the horse forward in a free walk. If the rider wishes the horse to step up on a loose rein, just tap with the inside leg to get the horse in front of the leg. Bettina is frequently distressed by the number of riders she observes over driving with their seats which produces artificial movement from the horse without release of his back. As Rhonda asks Chancellor for bend and he prefers to drift behind her leg, Bettina has Rhonda successfully do a leg yield exercise where she moves Chancellor two steps sideways followed by two steps forward and then repeats this sequence. Rhonda is not to rely on her spurs and whip to



photo by Carole MacDonald

Jakkie Ross and Dancer with Bettina Drummond.

accomplish this exercise, they are tools to enhance the aides, but not replace the aides of the weight, shoulders and legs.

In Bettina's lecture on French equitation she reinforces the definition of the French system of training, lightness. In partnership with the rider, the horse chooses to sustain the rider and is eager to comply with the rider's requests. Lightness is a consequence of balance. In perfect lightness, the horse can move in any direction. The hallmark of French riding is the quietness of the rider, the rider does very little and the horse and rider are listening. La Gueriniere, the father of modern horsemanship, trained only on circles and felt it was not necessary to go forward and straight. La

Gueriniere also developed the shoulder in. Bettina displayed a diagram of the twenty exercises done on the circle or in a square, which were used to train a horse in the French tradition. Later, Regina Agren returned with Saltando de Norte, under saddle and with a double bridle. Using La

Gueriniere's square, Bettina demonstrated at the walk control of the shoulders and haunches through balance and lightness. In the square the horse does not step wide behind, and releases the base of the neck. Regina then demonstrates with Tando how the collection from the square breeds extension and superior forward movement. With ease, Tando steps into slow piaffe work with some forward movement followed by canter on the spot.

It was indeed enlightening to be taken back in time to the roots of Dressage as taught by La Gueriniere, the father of modern horsemanship, in Versailles. Understanding that the

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(A Journey into Lightness continued from page 8)

traits for a military horse in the French system used by a swordsman and the German military system used by the Calvary required very different training to assure the survival of their rider sheds light onto the distinct differences between traditionally trained French and German horses. The French swordsman needed a nimble light exceptionally balanced horse that a swordsman could have balanced under him in order to engage in sword warfare. Hence the need for a horse trained to be relaxed, balanced with an engaged hind end and very light in the hand. Balance and lightness are the hallmarks of horses trained today in the classic French method. In opposition to this, the German Cavalry horse needed to charge forward with a controlled contact. Hence the German trained horses are taught to go forward, down into contact, then re-balanced back on their haunches like a ballerina on a bar.

It was quite clear at this 2010 NEDA Spring Symposium that Bettina has a strong dedicated following and that many riders in the US are seeking to achieve the balance and lightness found in the classic French training method. Being quite deep rooted myself in the German method of training, I

am sure I will continue to pursue training using this method. However, I can say that regardless of whether you wish your horse to be forward and into contact or balanced back with very little contact and quite light, “balance” of both the horse and the rider is always a key. This balance which frees the horse is the foundation for the art of Dressage. Regardless of how much contact you wish in your hand striving for this balance and staying in this balance improves every horse’s performance. Both the French and the German schools of training are in agreement that relaxation of the horse’s mind and body are a required prerequisite.

I would like to extend my gratitude to NEDA for sponsoring this enlightening clinic with Bettina Drummond and Apple Knoll Farm for their hard work in successfully presenting this clinic. As with all successful NEDA events there are a myriad of volunteers and donors who quietly make events such as this a success. It is by listening to the success of others who train in ways different from oneself that one becomes an enlightened thinking rider and trainer. Asking the question what am I doing and why am I doing it will dissipate frustration and lead to answers. ☺

## PINELAND FARMS EQUESTRIAN CENTER Clinics & Dressage Shows

### *Clinics with Michael Poulin ~*

- Wednesday & Thursday, June 23 & 24
- July - TBD
- August - TBD
- Saturday & Sunday, October 23 & 24

### *Clinic with Christoph Hess ~*

- Tuesday - Thursday, July 27 - 29

### *Dressage Shows ~*

- August 14 & 15 - *PFEC Recognized Dressage Show and Sporthorse Breed Show*  
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Judge: Carter Bass (R) TD: Janine Malone (R)  
Secretary: Deb Bryant  
Managers: Bobby Murray/Gwyneth McPherson
- October 17 - *PFEC SMDA Affiliated Fall Schooling Show* - Introductory Level-Grand Prix  
Judge: TBA Secretary: Deb Bryant  
Manager: Gwyneth McPherson

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*Photo by Gerry Powell*



photo by Carole MacDonald



Jane Hannigan on Armani.

(2010 Spring Show continued from page 1)

Saturday and Sunday. The Tom and Judith Noone Achievement Award for the high scoring Junior/Young Rider at Second Level, Test 2, was presented to Meagan Davis who rode Valentino to a 68.378%, an achievement indeed. Judith Noone, who presented the award, remarked that Meagan was a former student of Tom's, who now trains dressage horses in NY. "We've known her since she was six years old. What a wonderful coincidence!" Judith exclaimed. This award was also presented for the Highest scoring Junior Rider at Training Level Test 2 to Phoebe Goldenberg, riding Jimmy Choo with a score of 65.000%, and for the Highest scoring Junior Rider at First Level Test 2 to Katelyn Kok, riding Leciano with a score of 67.222%. Judith and Tom Noone will give these awards, along with checks, to Junior/Young Riders at other shows as well.

The Ann Villani Award for Adult Amateur High Point Score went to Caroline McCarthy on Godiva. Caroline's score of 70.833% was earned in 1st Level Test 2. This is the second year for the award of \$100 (donated this year by Cindy Sydnor) and a plaque in recognition of a job well done. Ring 1 has been renamed the Ann Villani Memorial Ring. NEDA lost Ann to cancer a few years ago, but the memory of her character and the hard work she did for NEDA lives on. The centerfold of the show program was devoted to Ann and her beloved horse Onno. There is also an Ann Villani Memorial Award given at the Annual Year End Awards to a NEDA Member who shows outstanding commitment to NEDA, education and volunteerism.

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(2010 Spring Show continued from page 10)

Linda Currie on Gemini was the winner of the Dover Adult Amateur Medal in Sunday's 2nd level Test 3 with 64.651. Dover Saddlery gives this award, a medal and a neck ribbon, to participating shows.

With three medal wins in one season, a rider receives a \$20 Gift Certificate. The USDF/Dover Saddlery Medal National Champion and Reserve Champion receive a \$1000 Gift Certificate and \$500 Gift Certificate respectively. They are determined from the average of the top three winning ride scores during the competition year.

EQ Bling donated three High Score Awards based on Saturday's scores. For Third Level, Rita Brown on Rochefort was a winner with a score of 68.974%, Sharon McCusker, Fourth Level, 73.409%; for FEI, the winner was a Young Rider, Nicole DelGiorno, who rode Lamborgini Dane to a 66.184% in the Team Test.

Long time sponsor Smart Pac's Sunday awards went to Rita Brown for Third level, 72.558%, to Jodi Pearson-Keating on Bauke for Fourth Level, 67.674%, and to Brenna Kucinski at FEI (Intermediate 2), 67.368%. These were \$50 Gift Certificates. Mushroom Matrix Supplement's award for High Score in an Open class went to Carissa Lizotte with a 74.800% at Training Level Test 3 on Saturday, and to Rita Brown with a 72.558% at Third Level Test 3 on Sunday.

Interesting observations: Several Riders took the move



photo by Carole MacDonald

Sarah Geike on Waterhouse.



photo by Carole MacDonald

Caroline McCarthy on Godiva.

toward safety by riding in upper level classes with a tailcoat and protective headgear. What a positive step forward! Now, if the FEI would only encourage this.

USEF rules now allow the use of a snaffle in National Level FEI classes, except for HP classes, USEF Young Adult and FEI Jr/YR qualifying classes. This change is welcome by many trainers, who have been saying for some time, "Why not?" Also, some horses just coming into these levels may benefit by being more confident in a snaffle. Some of us on the sidelines spotted several riders who took advantage of this new ruling at NEDA Spring.

It was fun to see former NEDA Treasurer Steve Ruggiero in the saddle and in the show ring on his Dutch horse Mega Boy. At last some of the husbands have decided to join it and not fight it! Another gentleman, retired veterinarian Vern Thornton, was showing his wife's Luisitano gelding Ulme in First Level Classes. Vern became a rider at age 63! It's never too late, boys!

Judge Gabriel Armando, a former member of the Argentine Dressage Team and a Pan-Am Silver Medalist, remarked on the great organization of the Spring Show. Both Susanne Handler and Scott Peterson emailed Paul to congratulate him and all the wonderful volunteers for a great show. Additional kudos to Sue McKeown, super Show Secretary and problem solver. She's a keeper! Go to [www.neda.org](http://www.neda.org) to view the full show results. ☞

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**Karen O'Connor**  
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# The Fall Festival Has Expanded!

“We Need More Volunteers than Ever Before!”

— BY DEBBIE CARR-KIRK —

**H**ave you heard the news? The Great American/USDF Breeders Championship, otherwise known as the Breed Show at NEDA Fall Festival, will start a day earlier this year! We will begin the Breed Show on Tuesday, September 14, at noontime. We hope the addition of an extra half day will ensure a more enjoyable and successful endeavor for owners, trainers, handlers and equines, young and old.

The addition of an extra half day means much more than that we will need volunteers on Tuesday afternoon. It means that everything will have to be up and running a day earlier. You know, like stabling, rings, the awards tent, the office, and the list goes on. With that in mind, I am starting volunteer recruitment for the show, two months earlier than usual.

I need to recruit many new volunteers for the Tuesday thru Thursday shifts. I know it is very difficult for people to take time away during the week from family, jobs, horses and other pets at home, to volunteer for NEDA. But I'm hoping that somehow you'll find the time and make 2010 the year that YOU decide to get involved and join the crew at the NEDA Fall Festival. Help us put on a show to make everyone proud. We need you! Come for a day, come for two, three or four days. This show is the biggest event of its kind in the Northeast.

This will be our sixth year at HITS on the Hudson, in Saugerties, NY. The venue is fantastic and the show just keeps getting better and better. We miss our NEDA friends who used to visit when the Fall Festival was in Halifax, MA. I hope you'll think about traveling to the beautiful Hudson Valley and join us at the NEDA Fall Festival, Sept 14 -19. If you volunteer for full days, NEDA is happy to offer you overnight lodging.

In an effort to inspire some newcomers to join us, I have asked a few of the Fall Festival's faithful volunteers to say why they volunteer year after year at the Fall Festival. I'm hoping their responses will motivate some of you to join the fun. We really do try to have a good time while we run a great big sporting event that means so much to the competitors. Here is what I heard back from a few of the over 150 people who volunteer every September.

*“I began volunteering for the NEDA Fall Festival after coming to watch one of my instructors who was showing that day - 15 years ago! I saw many people scurrying around with big smiles on their faces, and inquired about it. I was told they were VOLUNTEERS, and that NEDA was always looking for more help. I put my name on a list for the following*



photo by Carole MacDonald

Volunteer, Peggy Ehlers checking bits at the Fall Festival 2009.

*year, was called to help, and had a blast!!! I was hooked! Now I plan my “vacations” around NEDA Fall Festival, and get more excited about it every year. I volunteer at other horse shows; but nothing compares to NEDA Fall: experienced management who really CARE about their volunteers - from having everything in order for the show to run smoothly; to overnight accommodations with breakfast-to-go; to saying THANK YOU a million times a day! Where else could you learn so much from watching riders (from Training Level to FEI) to hobnobbing with international judges! It's an experience of a lifetime!!! Try it - you'll love it, too!!” — Paula Adelson (MA)*

*“Why would someone who doesn't even belong to NEDA volunteer to work at Fall Festival?”*

*Because it's Fun! It's a place you meet amazing, nice, kindred horse people all working together to make the show the best experience ever for the beautiful horses and their devoted owners/riders/trainers. You mingle with some of dressage's best and some of dressage's greatest fans. I come a stranger and leave each year with new friends.*

*Because it's Educational! It's hard to find a single location in the Northeast where one can watch so many professionals do “their magic”. You can watch, listen and learn no matter what job you volunteer for at NEDA Fall Festival!*

*Because you are Appreciated! I have volunteered at dressage competitions all over the USA and nowhere else has the appreciation shown to me here been exceeded. You are greeted*

*(Fall Festival Volunteers continued to page 16)*

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*(Fall Festival Volunteers continued from page 14)*

*with smiles, thanked, given food and beverage and even a warm room at night, should you live far away and volunteer multiple days. Jobs are well assigned with very little left undone and never have I been asked to do unreasonable tasks. Debra Carr-Kirk, volunteer coordinator extraordinaire, takes care of you! (You may even get a thank you gift or a piece of heavenly chocolate for having a great time!)*

— Suzanne Carreker-Voight (NY)

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*“Why do I volunteer for the FF? Because I have always believed if you belong to an organization, it’s supposed to be a win-win, you give as well as receive. I personally volunteer in return for golden educational opportunities but certainly there are other benefits. Due to my location in South central PA, my ability to take advantage of all NEDA has to offer is somewhat limited, however one of the things I have long taken advantage of is the NEDA Fall Symposium. The opportunity to volunteer and attend the Fall Weekend event for free is too good to pass. When the FF was moved to Saugerties, NY, and I learned that NEDA would pay motel expenses if you worked 2 or more days, volunteering became much more convenient for me. Let’s see, my motel is paid, a great lunch is provided, I work with friendly people of similar interest & get to watch any number of top level riders compete. The question then becomes, why NOT volunteer for FF?”* — Kathy Hechler (PA)

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*“At first I volunteered for the Fall Festival because I thought I ought to. But then I discovered that I actually enjoyed it for many reasons, some of which follow.*

*Helping at the breed show was a blast as the young ones are so darn cute and the older ones are pretty breathtaking, to say nothing of the amusing judges and commentators. In many ways, the movement that you see in the breed show is the foundation of movement up the levels and there is much to be learned and appreciated through observation, which you get to do if you are helping to score or helping at ring’s edge.*

*Stewarding is fun because you get to watch so many tests that you actually begin to understand the difference between one ride and the next. It’s also easier at NEDA FF than other shows because there are both assistant stewards finding and feeding the rides, in addition to the actual ring stewards who are letting horses and riders in and out of the competition ring. You also get to hear the show announcers’ private comments on your radio which can be pretty hilarious.*

*Even running around with snacks or retrieving tests can be fun because you get to watch rides while you’re waiting to run over to the judge’s stand, get to meet the judges and scribes (and learn their secret vices) plus it’s excellent exercise.*

*Scoring is interesting as well as challenging, prepping*

*yourself for the rush of tests, trying your best to be fast AND accurate (don’t worry, they get checked a million times) and being in air-conditioning or simply being dry and indoors when it’s pouring (note I said “when” not “if”). Plus the scoring trailer always has an excellent candy supply.*

*I could go on and on, but just try it and see!”*

— Heidi Humphrey (I’ll do everything except park) (VT)

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*“Back in 1992, I got my first Dressage horse and joined NEDA. I decided that if I was going to enjoy the benefits of this organization, I should give something back. Like everyone else, I have a very busy life and thought I would pick one thing I could consistently help at. I chose the NEDA Fall Festival and have never looked back, nor missed a year working at that show. I started out as a runner, which means you collect the score sheets from the judges and take them to tabulation. Through the years I’ve done almost every job they have for volunteers. Like everything, I have some I like better than others. For a number of years now I have been the Breed Show Announcer and also announced the FEI Jog, both jobs I really enjoy doing. There are so many jobs for volunteers to do, that there is something for everyone to do and enjoy.*

*Volunteering is a great way to get to know other people in NEDA and I have made friends who I will have for ever. It’s fun meeting people who may very well be representing our Country or another one in International Competition. NEDA Fall has certainly grown in both size and stature and draws top riders from all over the Country and the World. You never know who you might see or even meet when you volunteer. Going to Saugerties, New York each Fall is a blast. I see friends I only see then and we have fun getting together. Since NEDA provides rooms for the volunteers and you get breakfast and lunch, it really shouldn’t be a financial strain for someone to volunteer. The good memories and new friends you’ll make and the excellent Dressage you will be able to see, more than makes it worthwhile.”* — Sandra SanClemente (MA)

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*“While volunteering at the NEDA Fall Festival, I always learn something, even if it is only that putting on a show is a major effort, riding in a golf cart is a lot of fun, and amateur riders and their horses deserve a lot of credit for good humor and determination. I gain a much better sense of what kind of rider I want to be myself, even if I never show, and a much better understanding of what good dressage can be. If you are lucky, there is a lot of good gossip, and of course free food and lodging. P.S. I’ve also learned that some horses should never wear rhinestones.”* — Arlyn Diamond (MA)

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*“Volunteering at the Fall Festival is an extraordinary learning experience. You will come away with a new insight*  
*(Fall Festival Volunteers continued to page 17)*

# Special Thanks to the Volunteers of the 2010 NEDA Spring Show

The NEDA Spring Show could not exist without the help of its many volunteers. From the behind the scenes work of creating the program and putting up the rings, to the busy scorers, scribes, and runners, all of our volunteers have such a critical role to play. One of our NEDA members, Leslie de Grandmaison, likes to recognize these spe-

Kate O'Connor

Paula Adelson

Jen Dillon

Sally Davenport

Nicole Mallon

Lee Cullen

Diane Holston

Pam Walker

Betsy Hunnewell

Meg Welchovic

Linda Brooks

Jayne Stoos

Debbie Carr-Kirk

Alexandra Dane

Jane Sheehan

Melanie Cerny

Ashley Vorrais

Genie King

Lynne Fiddler

Mary Marvuglio

Kariel Swanfeldt

Suzy Coletti

Chris Coletti

Ellie Keeping

cial volunteers with a \$25 Dover Gift Certificate that we have as a prize for the volunteers name that is drawn on Saturday and on Sunday. This year Lee Cullen, who created the program, and Paula Adelson, who was a very busy scribe, were the two lucky winners.

Jess Walsh

Frances Millian

Gina Boidi

Stephanie Friece

Renate Lansburgh

Rita Brown

Ellie Coletti

Heather Gaughan

Gail Abdelnour

Mara Stefan

Amy Gage

Lisa Millett

Sue Cornick

Lisa Noonan

Ginette Brockway

Peggy Wood

Brandi Worcester

Lorrie Gamp

Mary Costello

Brendan Potter

Jane Potter

Kerry Potter

Jaana Sheehan

Tracie Richardson

Jayne Blasser

## The NEDA Volunteers Medals Program

The volunteer medals program was created to recognize the efforts of NEDA volunteers and to provide a way for them to be rewarded for the many hours they donate on behalf of NEDA programs. There are three levels of achievement receiving medals of bronze for 300 hours, silver for 600 and gold for 1000. These hours started accumulating January

1, 2009. During the 2009 Awards Banquet, bronze medals were awarded to Karin Swanfeldt and Carole MacDonald for the submission of 300 hours. They are currently working toward their silver and gold medals with all the hours they dedicate to NEDA. Any volunteer can participate in this program; it's easy. Simply download the submission

form from the website at [www.neda.org](http://www.neda.org), record your hours, have the event manager verify with a signature and once you have contributed 300 or more hours, send it in to Diane Holston. If you are interested in learning more about the volunteer recognition program or if you have questions, please contact Diane at [jdholston@netzero.net](mailto:jdholston@netzero.net). ☞

*(Fall Festival Volunteers continued to page 16)*

*and appreciation for all the effort it takes to put on a show, not to mention being part of the team that allows you to see, watch, and hear some of the current "big names" in dressage. That doesn't even touch on the friends you make. See you in September!"* — Christine Christenson (VT)

I hope you get the feeling of what a special part each and every volunteer plays in making the show a success. I'm sure you'll come away from the experience with an appreciation of the sport and the beauty of dressage. I hope so.

This year we are trying to go paperless and we have made it pretty easy to sign up to volunteer on-line. Please go to [www.neda.org](http://www.neda.org), click on the Fall Festival, click on Volunteer in the drop down menu, and then click on the Volunteer Sign Up Form – Fillable Format. You can fill out the form, save it and email to me. My email address is [willowdck@aol.com](mailto:willowdck@aol.com). Or if you prefer, just email me directly to let me know you'd like to volunteer and I'll send you the form as an attachment. Please put NEDA FF volunteer in the subject line. I'll look forward to hearing from you. ☞

# NEDA Sport Horse Handling Clinic

BY DEBBIE MALCOLMSON

If it's raining and raw in New England, guess what — time for a horse show! Such was the case on Saturday May 8th, when a good-sized gathering of diehard horse fans showed up for this year's NEDA Sport Horse Handling Clinic, held at Brookside Equestrian Center in North Smithfield, Rhode Island. Let me just say now, this should definitely be an annual event NEDA organizers! Cold or not, this clinic was well worth a few shivers and the effort to get there.

Clinician for the day was Bobby Murray, Stallion and Young Horse Manager at Pineland Farms, New Gloucester, ME. Bobby is a fixture on the New England breed show circuit, and is well known as a very capable handler. Not surprisingly, his skill at guiding young horses through the ring easily translated to the eager audience of this clinic. His approach was sincere, calm and very straight-forward — easily understood by everyone in attendance, both human and equine.

There were several key questions and concepts discussed by Bobby that should be of great interest to anyone planning on, or considering taking, their horse to a breed show this season. I will try to touch upon the main talking points, in no particular order of importance.



photo by Carole MacDonald

Dante MG owned by Kathy Hickerson and handled by MaKenzi Wendel.

Do I need a professional handler, or can I do it myself? In order to answer this question, you must first decide what your showing goals are. Are you just there to give your horse a new experience? Are you there to give yourself

*(Handling Clinic continued on page 19)*

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- Spring Dressage Competition 5/15-16, Marshfield MA
- Schooling Show, 8/8, Tewksbury, MA
- Fall Festival of Dressage, 9/15-19, Saugerties, NY
- Fall Symposium, 10/29-31, UMASS, Amherst, MA

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*(Handling Clinic continued from page 18)*

experience handling in the ring? Is this something you are comfortable with doing yourself, or does the mere thought give you heart palpitations? Is getting through the day intact the end game, or are you there to win? How you answer these questions will determine whether you do the job yourself, or opt to delegate the honor to more experienced hands.

The short answer — if a blue ribbon is what you seek, (or need if your business hinges on your horse scoring well), hire a professional handler. The key word here is professional. They know the tricks of the trade, they won't be a bundle of nerves on show day, and your odds of achieving a good outcome will be exponentially increased. It's an added expense certainly, but an investment towards giving your horse its best chance at success. Plus, you get to find a good seat, relax and enjoy the festivities from a safe distance. This is also the time when you can take total credit for that magnificent animal, or disavow all knowledge of the beast. If you're like me, the prospect of running around a ring (actually running anywhere) isn't all that appealing. Add to that the fact that you will be attempting to control an excited 1000+ lb. animal at the end of a short rope, who doesn't know what they're doing either - hey, good times!



photo by Carole MacDonald

Taliesin's Trooper and Jennifer Wuorinen.

On the other hand, doing it yourself can be a terrific learning experience and potentially a lot of fun — BUT you absolutely must do your homework, for safety's sake if nothing else. You and your horse will both have a more positive show experience if the basics of good handling become second nature to you. As a matter of fact, no matter which course you choose, Bobby highly recommends you do as much as possible to prepare your horse before the show, even if you won't be handling it yourself. Which brings us to our next question.

What can I do to prepare my horse for a breed show? Bobby demonstrated several valuable exercises that everyone can be doing with their horses, even if they never enter a show ring. They were very simple, and could easily be incorporated into your regular routine. He strongly emphasized the following five components to success:

1. Space (your horse must respect yours)
2. Stance (how to create the perfect open stance)
3. Straightness (critical to showing your horse's true ability)
4. Speed (how to control variations of speed within the gaits)
5. Sharp & Controlled Turns

The main theme — your horse must respect your space. This concept should be consistently enforced every time you handle your horse. Bobby stated that he tries to think of all horses as “stallions”.

This means being very vigilant and alert to your horse's body language towards you. Being aware of any invasion into your personal space and reacting immediately to it, is a critical component of being a good handler. “A horse's head is the most dangerous part of him”, stated Bobby. Letting

*(Handling Clinic continued on page 20)*



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photo by Carole MacDonald



Bobby Murray and Reminisce HM Owned by Linda Mendenhall.  
(Handling Clinic continued from page 19)

your horse bring his head close to you when being led is very dangerous, and something that most of us are guilty of. Creating a “safe zone” between you and your horse when handling him is very important.


This brings us to getting your horse in an open stance in front of the judge. This is where, once again, having your horse respect your space comes into play. Bobby started each session with the individual horses the same way - standing up the horse in front of him, and with very small movements of his body, asking the horse to back away from him, one step at a time, hopefully moving the horse’s legs in diagonal pairs. His movements were not aggressive, more suggestions really. If your horse respects your space, he will back away from a very slight touch of the hand to the chest, or a simple lean forward of your body. The key here is to be soft, and practice, practice, practice! Eventually you will be able to place your horse exactly where you want him to stand, simply by slowly “suggesting” he move away from you. If you need him to come forward, once he is familiar with this concept, simply leaning back should be enough for him to shift forward. Repetition is the key here. Bobby also emphasized — know your horse! If you get him to stand up in front of the judge, and things look “pretty good”, it may be time to leave well enough alone. Unless you know how your horse will react, and feel 100% confident that you can put him exactly where you want him, “pretty good” is probably good enough. Better not to fuss

too much as the judge can’t assess a horse who is moving around and standing crookedly, giving a less than accurate representation of his true conformation.

The third component to a successful run is keeping your horse straight. Bobby showed his method of holding the reins entirely in his right hand, freeing up his left arm to motion the horse away from him. as they make their way around the ring. There is usually no need for actual physical contact, but a small quick motion with the hand toward the horse’s head will be sufficient to get him to move away. If a horse gets his head close, he can easily pull ahead and circle in front of the handler. This is a very common mistake that is made in the ring, and a very dangerous one. Keeping the horse away from you, and traveling forward in a straight line is crucial. Having your horse traveling straight also allows the judge to clearly see its movement. As Bobby demonstrated, the left arm is a very useful aid in keeping the horse traveling straight.

Another critical building block to good handling is being able to control the speed of your horse within the gaits. Just like riding, the key to making your horse responsive to you is by doing transitions, transitions, and more transitions! Walk fast, then slow, then fast, then


(Handling Clinic continued on page 21)



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(Handling Clinic continued from page 20)

slow....make sure that your horse is attentive to you and moves off when you do. Walk, then jog, then walk again. Each time make sure that your horse is moving up and down sharply in time with your transitions. This teaches him to stay with you, and to wait for you to tell him how fast to go. Eventually build up to a faster trot, but always make sure that you decide when and where the speed increases or decreases. This is especially important when trying to maneuver the most difficult part of the pattern, the turns!

Bobby spent a lot of time explaining and demonstrating ways to develop and perfect turns. One very interesting method was the "square" exercise. Basically you walk a square pattern, pivoting sharply on your right foot at the corners, forcing your horse to make an abrupt turn. This is a great time to practice using your left arm, holding it out straight in front of you as a kind of wall. This teaches your horse to stay out of your way and give to your body. It is an exaggerated movement, but will make

a tremendous difference to the responsiveness of your horse when it comes time to run the triangle pattern in the ring. Once you start practicing the actual triangle pattern, Bobby stressed that you use the whole arena to your best advantage. Very often handlers will hurry and cut corners, creating what Bobby calls "soft turns". Doing this makes you lose control of the speed, and also makes you lose valuable "showing" space. Your entry fee paid for the whole arena, use it! If you have been doing your speed exercises, and practicing your square pattern, making that first right turn should be easy! As you travel down the first short side, pick a point on the wall and head straight for it. As you near the wall, transition right down in speed and make a sharp turn to the right. Then you can get straight again on the long side, begin to pick up speed, then build up into the big trot. There is no need to race across the entire long side, the judge only needs to see a few good strides to form an impression. A controlled run is far better than having your horse break into a canter, or stop, or run in to you. Once you get some good trot in, begin to transition down again, which will allow you to make the final turn and head down the last short side. Again, you don't have to turn immediately at the pole, use the space to slow down, gain control and get straight before turning and making the final run.

Bobby also gave some insight into the use of a whipping assistant. His position was that it should only be used judiciously, and always with someone you have practiced with and that you trust. He insists that the whipping assis-

tant travel a safe distance and pace behind him and the horse, and keep on the same side of the horse as him. If the assistant is on the same side as the horse, the horse may startle and jump into the handler. Being on the same side as the handler will avoid this. Bobby has worked out a signal system whereby he asks the assistant to use the whip only when he wants it. His reasoning is that the handler can feel if the horse needs encouragement, and doesn't wish to ruin a perfectly good run by an over-enthusiastic crack of the whip at the wrong time!

Finally, the subject of braiding and general turnout was brought up. Bobby explained that braiding and clipping are in no way mandatory, but can definitely make a difference on the General Impression portion of the judging. All other things being equal, a well turned out horse may have an edge. While this is totally a decision for the individual competitor, it is definitely something to take into consideration when getting your horse ready for the show. Bobby also

stressed that all leads and reins should have no dangling loops that could catch a foot and cause an accident. His personal preference for bits is something heavy and on the thicker side. "Even professional handlers make mistakes, and we don't want to cause any damage to your horse's mouth" said

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*Being aware of any invasion into your personal space and reacting immediately to it, is a critical component of being a good handler.*

---

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Bobby.

Participating in the clinic were some fine representatives of New England breeding programs, lots of eye candy! I'm sure that with the excellent instruction received that day, they are well on their way to breed show success this season. Lyn Spinella was a gracious hostess, providing everyone with a very welcome and delicious hot lunch in their pleasantly warm viewing room. The feline inhabitants of Brookside Equestrian Center also helped out by taking turns warming laps of the audience - they seemed to be having a good time too! All in all, a very worthwhile educational effort on behalf of everyone involved. I highly recommend attending next year if you can! ☞

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# Spring Schooling Show To Benefit T.H.E. FARM

BY DIANA LANE

The NEDA Schooling show series is now in its seventh year and we are happy to report that it is doing well, with a great many loyal supporters that return each year to prepare for the NEDA Spring Show, as well as some new faces that we hope to see again.

May 9 was sunny but very windy; one rider jokingly referred to it as the NEDA Winter Show. At one point, I thought that I heard someone calling for “Auntie Em”, but it may have been my imagination!

Gretchen DeMone, a recent USDF “L” Graduate was the judge in Ring 2 and Yvonn Coleman-Larsen, also a USDF “L” Graduate presided over Ring 2.

High Score and Reserve High Score ribbons and prizes were awarded in three categories, AA, JR and Open. They are as follows.

- JR - High Score — Kaylee Angstadt and Firenzo in First 1 with a score of 76.67%
- Reserve — Felicia Pandeleno and Appy of My Eye in INTRO B with 68.50%
- AA -High Score — Annette Immorlica and Tasha in Training 4 with a score of 72%
- Reserve — Anja Cromie and Tiberious in First 1 with a 69.33%
- Open - High Score — Keith Angstadt and Fenway in First 1 with 78.33%
- Reserve — Susan Edelen and Wander in Second 1 with a score of 68.16

## Congratulations!

A complete listing of the results can be found on the NEDA website, [www.neda.org](http://www.neda.org). The NEDA Boutique attended with their lovely collection of NEDA items. I personally like the dog collars and leashes.

Each ride was photographed by Lisa of Georgetown Photo/Simple Reflections and can be viewed and purchased on her website, [www.georgetownphoto.net](http://www.georgetownphoto.net), under Event code may10.

Our wonderful volunteers kept things running like clockwork. Co-manager, Barbara Odiorne kept the Secretaries table in good shape. Veteran Rings Stewards Kathy O’Har and Martha Walsh made sure each rider was aware of their order of go and in the ring on time. In charge of Awards were volunteers, Paula Adelman and Holly

Jacobson in the morning and Jenny Barker and friend in the afternoon. Scribes were Betsy Grady, Sylvia Zalla and Paula Adelman. Runners Amanda Lane, Jenny Barker, Carly Rollins, as well as a few other volunteers who needed to leave their seats to get warm! Scoring was managed by long time volunteer Mary Ann Lane and FARM volunteer, Alice Haynes. Alice has been volunteering at T.H.E FARM in a variety of positions since the beginning and is the TLC person for Nic Nac, a Pony of The Americas, who was the very first equine at T.H.E FARM. Each horse and pony at T.H.E FARM has its own TLC (Tender Loving Care) person. The TIC person grooms, hand walks and generally fusses over “their horse”. It is a position that must be earned and the responsibility is not taken lightly. This program was initiated by Liz Russell during her term as Barn Manager, and keeps the school horses happy in their work.

Also helping from T.H.E. FARM was Gary Cole, who mowed and repaired the road and Eric Paquette who brought water for the horses, as well as three good sports; Robin, Christine and Rosemary who helped Ellen Low and I set up the rings in the pouring rain.

Thank you all for helping making this show a success. Lisa Millett, President of SaddleMattress Inc donated a sample of her new product called The Saddle Mattress which was raffled and won by Trish Domigan. T.H.E. FARM table was covered by Board member Madeleine Leger

NEDA donates the proceeds from this show to T.H.E. FARM, a non-profit organization providing therapeutic equestrian programs for the clients of the Tewksbury Hospital, as well as public riding programs and special events to individuals of all abilities. Please visit their website, [www.t-h-e-farm.org](http://www.t-h-e-farm.org), for more information, or better yet, drop in for a visit.

Congratulations to all the riders and horses! We hope you come to the next show on Sunday, August 8. ☞



# Seven Tips for Getting Paid by Your Clients on a More Timely Basis

BY CAROL GORDON

You've got a barn full of boarders and lots of lessons scheduled. Everyone's happy with your services. But you are having trouble collecting from those clients. What can you do to make collection easier and faster?

1. Bill your clients on a timely basis. Your invoices for board should reach your clients at least one week before their payment is due. Take the time to create an actual invoice - even if the amount due stays the same from month to month. If you don't have the time to bill your clients, hire someone to do it for you. You know that the reason that you don't have time to do the billing is because you are too busy cleaning stalls, turning out and doing all the other things it takes to make your clients and their horses happy. But the message they get when you don't bill on time is that the money isn't that important to you. So why should it be to them?

2. Have new boarders sign a contract that specifies when board is due and have current boarders initial the contract yearly. It may not have a lot of legal clout but it

reminds your clients that you are first and foremost a business and operate as such. If you use this procedure with everyone, you aren't likely to get objections to doing so.

3. Ask for a security deposit from new boarders. This is standard procedure when you rent an apartment so why should it be any different when someone rents a stall from you? Having the security deposit gives you a little cushion should someone get behind. But never offer the client the option to apply the security deposit to an arrears balance unless it is their last month of boarding with you. If you increase your board, then the client must increase the amount of the security deposit. Your state may have regulations relating to maintaining security deposits so check with them before setting up any policy.

4. Have clients prepay your boarding or lesson fees. Offer them the option to "buy in bulk". This is especially effective for lessons. Offer a package of ten lessons with a discount for prepayment. Boarding barns can offer a discount

(7 Tips continued to pg. 24)



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(7 Tips continued from pg. 23)

when payment is made in advance on a quarterly basis.

5. Offer clients the opportunity to pay by credit card.

PayPal and Intuit offer affordable credit card services that you can access from a smartphone or computer. There are fees involved but accepting credit cards can save you the time you spend chasing clients for payment. But I would not suggest maintaining credit card information on file.

Massachusetts has implemented a new privacy of information law that includes security of credit card information and your state may have a similar law in place. Instead, explain to clients that they will need to provide their credit card for each charge. Some barns currently will only accept credit cards as a form of payment. This eliminates the need to make bank deposits and the problem of a check returned for insufficient funds.

6. For invoices for board, consider e-mailing the invoices rather than handing them out or leaving them in tack

trunks. Clients are more likely to forget the invoice at the barn, in the car, etc than an invoice delivered directly to their computer. Checkbooks are usually kept close to the computer so it's easy to write out the check right then and there. For lessons, you should not have to be sending invoices, unless it is for a prepayment package. If the client does not prepay, then payment should be made at the time of the lesson.

7. Some barns charge extra fees for time spent holding the horse for the farrier, administering meds, etc. You may get distracted during the day and forget to make a note that the client needs to be billed for those extras. So consider either increasing the monthly board to cover all of the extras or offering an annual charge (to be paid at the beginning of each year) to cover all of the extras. The fee wouldn't be mandatory for all clients but by discounting it, you can make it attractive enough that many of your boarders will sign on. ☞

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## Omnibus Prize List Entry Form Correction

☞ BY DEBBIE CARR-KIRK, MEMBERSHIP COORDINATOR ☞

Dear Competitors, Members and Friends of NEDA,

It has been brought to NEDA's attention that there is an error on the backside of the 2010 OPL Entry Form that you all received with your Omnibus Prize List. The USEF Release Clause is incorrect. For your convenience, we have included the corrected, revised OPL Entry form, in this issue of the TIP. Please tear out the revised form and make copies of it going forward. In addition, please discard the OPL entry form you received earlier in the year or any you downloaded from the NEDA web site prior to April 17.

*Another very important note for competitors!*

Please be sure to fill in the Emergency Contact/ Phone Number, which is found on the back side of the entry form with the signatures. In addition to the three required signatures for an adult competitor or the four required signatures if the rider is a minor, the Technical Delegates are looking for the Emergency Contact Information to be available to show management. Your assistance in providing this information is very important.

Best of luck to all our competitors! We hope 2010 will be a very good year for all of you. ☞

**2010 OPL ENTRY FORM  
DRESSAGE COMPETITIONS**

Duplicate additional copies of Entry Form. One horse per Entry Form.  
Non compete horse must complete entry. Signatures required on back.  
Mail to (Entry) Secretary. Form Date: May 22, 2010.

**COMPETITION**

Name \_\_\_\_\_  
Date \_\_\_\_\_

**OFFICIAL USE**

Due \_\_\_\_\_  
Entry Complete Date \_\_\_\_\_

**RIDER** \_\_\_\_\_  
Street \_\_\_\_\_  
T St Zip \_\_\_\_\_  
Phone \_\_\_\_\_ DoB (YYR) \_\_\_\_\_ Status \_\_\_\_\_  
EMail \_\_\_\_\_ Citizenship \_\_\_\_\_  
Emergency Contact (Name / Phone) \_\_\_\_\_  
For Breed Shows in Hand Indicate Handler as Rider - If Unknown Indicate Owner - Status: Open / JYR / AA

**OWNER** \_\_\_\_\_  
Street \_\_\_\_\_  
T St Zip \_\_\_\_\_  
Phone \_\_\_\_\_ EMail \_\_\_\_\_  
**TRAINER** \_\_\_\_\_  
Phonetic \_\_\_\_\_  
Pronunciation of difficult name(s)

**HORSE** \_\_\_\_\_ Previous Name \_\_\_\_\_  
Breed \_\_\_\_\_ Sex \_\_\_\_\_ Height \_\_\_\_\_ Color \_\_\_\_\_  Coggins  For Sale  
Sire \_\_\_\_\_ Sire Breed / Reg # \_\_\_\_\_ Owner of Sire \_\_\_\_\_  
Dam \_\_\_\_\_ Dam Breed / Reg # \_\_\_\_\_ Owner of Dam \_\_\_\_\_  
Dam's Sire \_\_\_\_\_ Country Birth \_\_\_\_\_ Year Birth \_\_\_\_\_ Breeder \_\_\_\_\_  
Coggins is required - Include Breed Papers with Entry Form for eligibility for Breed Specific Special Awards - Indicate USA as Country Birth for eligibility for Breed Show Born in America cash award

**USEF / USDF MEMBERSHIP NUMBERS / FEES**

	RIDER		OWNER		TRAINER		COACH ON GROUNDS		HORSE	
	NUMBER	OR NON MEM FEE	NUMBER	OR NON MEM FEE	NUMBER	OR NON MEM FEE	NUMBER	OR NON MEM FEE	NUMBER	OR NON MEM FEE
<b>USEF</b>	_____	\$30	_____	\$30	_____	\$30	_____	\$30	_____	USEF # Required
<b>USDF</b>	_____	\$20	_____	\$20	Not Required		Not Required		_____	\$20
<b>USDF</b>	Missing card Affidavit	\$5	Missing card Affidavit	\$5	Not Required		Not Required		Missing card Affidavit	\$5

Include copy of all USEF / USDF membership cards or pay one Non Member Fee per person per show - Pay \$5 USDF Affidavit Fee for each missing copy of USDF Rider / Owner / Horse membership card

**FEI FIELDS**

FEI Rider # \_\_\_\_\_ FEI Horse # \_\_\_\_\_ FEI Passport # \_\_\_\_\_  
CDI Competitors must indicate Rider Citizenship above, these three FEI fields, and pay \$35 IHP Fee

**MISCELLANEOUS FEES**

Post Entry \_\_\_\_\_ Number Dep \_\_\_\_\_ Non Compete \_\_\_\_\_  
Non NEDA \_\_\_\_\_ RV / Camper \_\_\_\_\_ Paddock \_\_\_\_\_  
CDI IHP \$35 \_\_\_\_\_ Other Fee \_\_\_\_\_  
Other Fee \_\_\_\_\_

**CLASS ENTRY FEES**

NUMBER	DESCRIPTION	ENTRY FEE	ADDITIONAL FEE

Additional Fee for \$10 USDF Qualifying Fee / NEDA \$90 Sweepstakes Fee etc.

**FULL PAYMENT MUST BE INCLUDED WITH ENTRY**

Total USEF / USDF Fees \_\_\_\_\_  
Total Class Entry Fees \_\_\_\_\_  
Total Miscellaneous Fees \_\_\_\_\_  
Total Stall and Shavings Fees (not including Stall Deposit) \_\_\_\_\_  
**OFFICE FEE** (See Price List) \_\_\_\_\_  
**DRUG FEE \$15** (\$7 Drugs/Meds / \$8 USEF)  
(CDI \$23) (\$15 Drugs/Meds / \$8 USEF)  
**FORM TOTAL** \_\_\_\_\_ **TOTAL PAID** \_\_\_\_\_  
Notes \_\_\_\_\_

Stabling Group _____	<b>STABLING DETAILS FOR HORSE ON THIS ENTRY FORM</b>				Arrive (Day / Time) _____						
Rider _____	Lodging / Phone _____				Depart (Day / Time) _____						
<input type="checkbox"/> Horse Stall	<input type="checkbox"/> Tack Stall	<input type="checkbox"/> Mon	<input type="checkbox"/> Tues	<input type="checkbox"/> Wed	<input type="checkbox"/> Thurs	<input type="checkbox"/> Fri	<input type="checkbox"/> Sat	<input type="checkbox"/> Sun	# Stalls _____	Fee per Stall _____	Stall Fees _____
Horse Name _____	Horse Sex _____			Shavings	# Bags _____	Fee per Bag _____	Shavings Fees _____				
Notes _____				Stall Deposit	# Stalls _____	Fee per Stall _____	Stall Deposit _____				

Tack Stall must be for same rights as Horse Stall - Pay Stall Deposits with separate check

**PROCEED TO MANDATORY SIGNATURES, CREDIT CARD PAYMENT & PREVIOUS SCORES**

**USDF Clause**

I hereby agree to release, indemnify and hold harmless USDF, its instructors, officers, directors, agents and volunteers from and against any and all loss, liability or damage arising from or because of, or in connection with, participation in this competition or related activities. I hereby agree to release, indemnify and hold harmless the show management, show committee and members, officers, directors, agents and volunteers from and against any and all loss, liability or damage arising from or because of, or in connection with, participation in this competition or related activities.

**Massachusetts Clause**

Under Massachusetts law, any equine professional is not liable for injury to, or the death of, a participant in equine activities resulting from the inherent risks of equine activities, pursuant to section 2D of Chapter 128 of the General Laws.

**USEF Membership Statement (GR901: EC 7/21/2008 Effective 12/1/2008)**

Life, senior active and junior active members shall be eligible to participate in all classes at Regular Competitions, Eventing Competitions at the Preliminary Level or above and Combined Driving Competitions at the Advanced Level, Dressage, Reining, and Vaulting Competitions and Endurance Rides. A non-member may participate as a handler, rider, driver, owner, lessee, agent, coach or trainer at Regular Competitions, Eventing Competitions, Dressage Competitions, Reining Competitions and Combined Driving Competitions upon payment of a \$30 non-member registration fee. Participants in the following classes are exempted from the Requirements of this rule: 1) leadline; 2) exhibitions; 3) games and races; 4) classes for 4-H members; 5) walk/trot and academy classes (Academy classes are classes limited to horses used regularly in a lesson program); 6) USDF introductory level tests, pas de deux and quadrille classes; 7) NRHA Endorsed Reining Competitions; 8) Opportunity classes; 9) citizens of other nations who have proof, in English, of current membership in good standing of their own National Federation; 10) USEA beginner novice division, and 11) assistant handlers in Dressage Sport Horse Breeding classes.

**Federation Entry Agreement Effective 12/1/09**

By entering a Federation-licensed Competition and signing this entry blank as the Owner, Lessee, Trainer, Manager, Agent, Coach, Driver, Rider, Handler, Vaultor or Longeur and on behalf of myself and my principals, representatives, employees and agents, I agree that I am subject to the Bylaws and Rules of United States Equestrian Federation, Inc. ("the Federation") and the local rules of the competition. I agree to be bound by the Bylaws and Rules of the Federation and the competition. I will accept as final the decision of the Hearing Committee on any question arising under the Rules, and agree to release and hold harmless the competition, the Federation, their officials, directors and employees for any action taken under the Rules. I represent that I am eligible to enter and/or participate under the Rules, and every horse I am entering is eligible as entered. I also agree that as a condition of and in consideration of acceptance of entry, the Federation and/or the Competition may use or assign photographs, videos, audios, cable-casts, broadcasts, internet, film, new media or other likenesses of me and my horse taken during the course of the competition for the promotion, coverage or benefit of the competition, sport or the Federation. Those likenesses shall not be used to advertise a product and they may not be used in such a way as to jeopardize amateur status. I hereby expressly and irrevocably waive and release any rights in connection with such use, including any claim to compensation, invasion of privacy, right of publicity, or to misappropriation. The construction and application of Federation Rules are governed by the State of New York, and any action instituted against the Federation must be filed in New York State. See GR908.4.

**USEF Release, Assumption of Risk, Waiver and Indemnification**

*This document waives important legal rights. Read it carefully before signing.*

- I AGREE in consideration for my participation in the Competition for which this Entry Blank is used to the following:
- I AGREE that "the Federation" and "Competition" as used herein includes the Licensee and Competition Management, as well as their officials, officers, directors, employees, agents, personnel, volunteers and Federation affiliates.
- I AGREE that I choose to participate voluntarily in the Competition with my horse as a rider, driver, handler, vaultor, longeur, lessee, owner, agent, coach, trainer, or as parent or guardian of a junior exhibitor. I am fully aware and acknowledge that horse sports and the Competition involve inherent dangerous risks of accident, loss and serious bodily injury including broken bones, head injuries, trauma, pain, suffering, or death ("Harm").
- I AGREE to hold harmless and release the Federation and the Competition from all claims for money damages or otherwise for any Harm to me or my horse and for any Harm of any nature caused by me or my horse to others, even if the Harm arises or results, directly or indirectly, from negligence of the Federation or the Competition.
- I AGREE to expressly assume all risks of Harm to me or my horse, including Harm resulting from the negligence of the Federation or the Competition.
- I AGREE to indemnify (that is, to pay any losses, damages, or costs incurred by) the Federation and the Competition and to hold them harmless with respect to claims for Harm to me or my horse, and for claims made by others for any Harm caused by me or my horse at the Competition. I have read the Federation Rules about protective equipment, including GR901 and, if applicable, EV114, and I understand that I am entitled to wear protective equipment without penalty, and I acknowledge that the Federation strongly encourages me to do so while WARNING that no protective equipment can guard against all injuries. If I am a parent or guardian of a junior exhibitor, I consent to the child's participation and AGREE to assume all of the obligations of this Release on the child's behalf. I represent that I have the requisite training, coaching and abilities to safely compete in this competition.
- I AGREE that if I am injured at this competition, the medical personnel treating my injuries may provide information on my injury and treatment to the Federation on the official USEF accident / injury report form.

BY SIGNING BELOW, I AGREE to be bound by all applicable Federation Rules and all terms and provisions of this entry blank.

Entry will not be accepted without mandatory signatures, full payment, legible proof of Coggins and other requirements stated in Prize List. <b>SIGNATURES</b> SIGNATURES ACKNOWLEDGE ACCEPTANCE OF PRIZE LIST REFUND POLICIES	Copies / faxes are acceptable. The word "Same" and ditto marks will be rejected. Trainer is person responsible for condition of horse and must be on grounds during show. Any person on grounds who coaches Rider/Handler must sign this form as Coach.															
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%; border-bottom: 1px solid black;">RIDER / DRIVER / HANDLER / VAULTER / LONGEUR <small>(Mandatory)</small></td> <td style="width: 30%; border-bottom: 1px solid black;">Signature</td> <td style="width: 30%; border-bottom: 1px solid black;">Print Name</td> </tr> <tr> <td style="border-bottom: 1px solid black;">PARENT / GUARDIAN SIGNATURE <small>(Required if Rider / Driver / Handler / Vaultor / Longeur is a minor)</small></td> <td style="border-bottom: 1px solid black;">Signature</td> <td style="border-bottom: 1px solid black;">Print Name</td> </tr> <tr> <td style="border-bottom: 1px solid black;">OWNER / AGENT <small>(Mandatory)</small></td> <td style="border-bottom: 1px solid black;">Signature</td> <td style="border-bottom: 1px solid black;">Print Name</td> </tr> <tr> <td style="border-bottom: 1px solid black;">TRAINER <small>(Mandatory)</small></td> <td style="border-bottom: 1px solid black;">Signature</td> <td style="border-bottom: 1px solid black;">Print Name</td> </tr> <tr> <td style="border-bottom: 1px solid black;">COACH <small>(If applicable)</small></td> <td style="border-bottom: 1px solid black;">Signature</td> <td style="border-bottom: 1px solid black;">Print Name</td> </tr> </table>	RIDER / DRIVER / HANDLER / VAULTER / LONGEUR <small>(Mandatory)</small>	Signature	Print Name	PARENT / GUARDIAN SIGNATURE <small>(Required if Rider / Driver / Handler / Vaultor / Longeur is a minor)</small>	Signature	Print Name	OWNER / AGENT <small>(Mandatory)</small>	Signature	Print Name	TRAINER <small>(Mandatory)</small>	Signature	Print Name	COACH <small>(If applicable)</small>	Signature	Print Name	
RIDER / DRIVER / HANDLER / VAULTER / LONGEUR <small>(Mandatory)</small>	Signature	Print Name														
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OWNER / AGENT <small>(Mandatory)</small>	Signature	Print Name														
TRAINER <small>(Mandatory)</small>	Signature	Print Name														
COACH <small>(If applicable)</small>	Signature	Print Name														

<b>CREDIT CARD INFORMATION</b> (Check Prize List to be sure this Competition accepts credit card payments - NEDA Spring and Fall Shows accept only Mastercard and Visa)			
<input type="checkbox"/> Mastercard	<input type="checkbox"/> Visa	Number	Print Name of Cardholder
Billing Street	Billing T St Zip	Expiration mm/yy	Security Code
Signature		Amount	

<b>PREVIOUS COMPETITION SCORES FOR QUALIFICATION / ANNOUNCER</b>							
Competition	Date	Level	Pct	Competition	Date	Level	Pct

# The Olympic Dream Program for Advanced Young Riders

Funded and Administered by The Dressage Foundation

BY BETH BAUMERT

The Dressage Foundation Young Rider Olympic Dream Program is ready to go for the ninth year! The concept of the program evolved as a result of former Olympian Michael Poulin's wish to offer an opportunity for gifted Young Riders to enhance their understanding of dressage theory through a European tour. The program is both funded and administered by The Dressage Foundation of which Poulin is a National Board Member.

The 2010 trip is planned so as to maximize the possibility that riders who wish to participate in the North American Junior Young Rider Championship (NAJYRC) can apply. Departure will be immediately after the final selection trial for the championships, and riders will return three weeks before the championship. Tentatively these dates have been set for June 28-July 8, 2010.

The program is open to USDF Advanced Young Riders, riding at Fourth Level or above, who are 16-21 years of age. Also, 22-year-old graduates of the 2009 Advanced Young Rider Program may apply. Participation in the NAJYRC is not required.

This year's chaperone will be Ann Guptill (CT). Ann is on the faculty for USDF Instructor Certification and has been an active FEI competitor for many years. She represented the United States at the Pan American Games in 1987 and contributed to winning the team silver medal.

The current plan is to visit Ingrid Klimke, Jean Bemelmans, Hubertus Schmidt and former American team coach, Klaus Balkenhol—depending on each trainer's availability. While traveling, the young riders will record

their observations in daily journals and chronicle the events with photos and video to share with their home dressage organizations.

A Selection Committee comprised of leading American dressage persons selects four candidates based on their applications including an essay and written recommendations. Committee members want to see riding proficiency and commitment to training in the sport of dressage. **The 2010 applications are due April 30, 2010.**

**Candidates are encouraged to apply early and follow directions carefully.**

This program is made possible by donors to The Dressage Foundation (TDF), a nonprofit, tax-exempt organization whose mission is "To cultivate and provide financial support for the advancement of Dressage."

Information on this extraordinary program is available on the TDF website: [www.dressagefoundation.org](http://www.dressagefoundation.org) or you may contact Jenny Johnson or Beth Baumert:

*Jenny Johnson*

*The Dressage Foundation  
Wells Fargo Center, Suite 732  
1248 'O' Street*

*Lincoln, NE 68508*

*Telephone: 402-434-8585*

*Fax: 402-436-3053*

*Email: [jenny@dressagefoundation.org](mailto:jenny@dressagefoundation.org)*

*Beth Baumert, Administrator*

*Cloverlea Dressage LLC  
266 Route 87*

*Columbia, CT 06237*

*Telephone: 860-228-9242*

*Fax: 860-228-4242*

*Email: [BethBmrt@aol.com](mailto:BethBmrt@aol.com)*



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# Knowing How to “Be in the Moment”

BY ANDREA STEELE

You hear that phrase all the time, but do you really know what it means to “be in the moment” or “stay in the moment” or why it is so important for equestrians to “ride in the moment”?

Being in the moment means having an acute awareness of what “is”...what you see, what you hear, what you touch...your movement and what moves around you. To absorb this “is-ness” is to be “in the moment.”

Horses live in the moment. Their evolution as prey animals dictated their cognitive development: Survival required an acute awareness of what “is.” The horse’s mind operates by taking a continuous inventory of his surroundings as each moment occurs.

By contrast, humans live predominantly in past and future time and need a reminder to slow down and smell the

roses. But that is what they must do in order to achieve optimal communication with their horse. In order to be fully accepted as the horse’s leader, as we all strive to do, the rider must learn to be in the present with the horse and enter his realm of moment-to-moment awareness.

## *Entering the Realm of Awareness*

The philosophy and practice of tai chi and qi gong is based on being in the moment; and either is an excellent way to learn to be present in each moment—without thoughts of past experiences, worries of the current day, or future obligations. The emotional and physical state of being in the moment is linked to an awareness of energy flow and is enhanced by proper breathing and the relaxation of the mind and body.

Developing this level of conscious-

ness begins with the exhale breath, in conjunction with deep-belly or diaphragmatic breathing. Called your dan-tien breath by tai chi practitioners, this form of breathing lowers the body’s center of gravity into the pelvic core where a tension-free and skeletally-aligned balance is easily maintained. This physical balance sustains the calmness and relaxation needed to open the pathway for acute awareness of internal and external surroundings.

The slow, deliberative motion of tai chi also fosters a meditative oneness between thought and energy flow that leads to an increased mind/body control within each moment and is not unlike the horse’s mental process. The slowness of the exercise further serves to align our movement to the slower natural rhythm of the horse. This will build a communicative bond between horse

*(In the Moment continued to pg. 29)*

The advertisement features a black and white photograph of two riders on horses. On the left, Adrienne Lyle is riding a dark horse named Wizard. On the right, Shannon Peters is riding a dark horse named Flor de Selva. Both riders are wearing formal equestrian attire, including jackets and hats. The background is dark, making the riders and the white text stand out.

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Adrienne Lyle  
Wizard

Shannon Peters  
Flor de Selva

(In the Moment continued from pg. 28)  
and rider as the horse perceives the rider as “speaking his language.”

### Learning to “Be in the Moment” While You Ride

Find your diaphragmatic breath and be able to release tension from your body. It is simply not possible to ride in the moment if you cannot breathe and relax into the horse’s movement. Free your mind of thoughts other than of your horse and the task at hand. Train yourself to be conscious of the present. A silent mind understands what is going on and is aware. Being this focused takes practice and patience.

Contemplate your energy movement: Think of the aid, then allow your mind to move the body to deliver the aid with precision.

Consider the horse’s energy movement. The horse’s reality should be your reality. To accept the horse’s reality as your own allows you to share each moment and move as one.

The more time you spend in the moment with your horse, the more aware you will become. This awareness not only amplifies communication—the exchange of energy—between you and your horse, but it also leads to a heightened synchronization of movement—the exquisite union that occurs when energies combine and you and the horse move as one. Experiencing this union is to be in a consummate moment with your horse.

Riding in the moment is unsustainable without understanding the concept and having the tools to make it part of your subconscious posture in the saddle. A significant tool in this process is

what the Asian culture refers to as chi—the energy that exists in all living things as a force of nature. Some people possess a natural ability to link their energy to horses (or to other animals and people). It’s a gift we call “whispering.” But for the rest of us, it can to some extent be a learned process.

It is fascinating how easily “being in the moment” can develop through the practice of such disciplines as tai chi or qi gong and how quickly a heightened communication with the horse can occur once you peacefully enter his realm of reality. Within that realm lies a spiritual relationship with the horse that riders can learn to experience.

So I leave you with our slogan: Practice tai chi today...your horse will thank you tomorrow! ☞

## Knowing Your Level of Relaxation

~ BY ANDREA STEELE ~

By definition, (physical) relaxation is the lengthening that characterizes inactive muscles. Equestrians, however, like most athletes, must maintain relaxation within an active body in order to perform with the necessary precision required by their sport. A balance between relaxation and tension must be achieved. This “balancing act” is even more complex for riders because both rider and horse need a high degree of relaxation in order to move in sync with each other.

Relaxation for the rider occurs in conjunction with skeletal alignment. Tai chi and qi gong exercises teach relaxed movement within skeletal alignment. Because the tai chi stance mirrors the rider’s alignment in the saddle, equestrians often find an immediate improvement in their riding position when practicing tai chi. Further, tai chi/qi gong postures maintain the relaxed balance of skeletal

alignment during motion as is required by the rider when in motion with the horse.

### The Balancing Act

To ride with relaxed and skeletally aligned balance the rider needs abdominal strength. The prior article, “Knowing Your Dan-Tien Breath,” explains how diaphragmatic breathing lowers your center of gravity into your abdominal core. This is where your ideal balance lives because it is the point where your skeletal alignment works with gravity to support your body without undue muscle tension. Any higher center will conflict with gravity and require tension to “hold” you upright. This action, in turn, destabilizes your seat and makes you less effective on your horse.

When your core is strong, your skeletal balance needs minimal tension to stay aligned with its natural curves. This describes the classical

“balanced” or “centered” seat (“seat” includes the lower back, abdomen, and thighs), and applies to most riding disciplines. By containing balance in your core, the rest of the body can release tension and relax. This relaxed state, however, does not imply limpness: Muscles are poised and are ready to respond.

### Muscle Tone and Strength

Generally speaking, the muscle tone developed through the practice of tai chi – style and qi gong exercise is sufficient for most riders (learning the entire tai chi form will be even more beneficial to overall tone). And while your seat (the muscles of the abdomen, lower back, buttocks and thighs) must be strong to balance and deliver the aids associated with an effective seat, overly developed strength such as “six-pack abs” will actually hinder

(Relaxation continued to pg. 31)

# NEDA Email Announcements Explained

~ BY JENNIFER DILLON ~

Last year, NEDA began implementing a new email program to better serve its members and the local dressage community as a whole. The initial program was well received as evidenced by the results of our 2009 Year End Survey. In fact, when we asked survey responders where they looked for information about NEDA events, the top three answers were —

- #1 (75%) – the NEDA website (which we're in the process of re-designing),
- #2 (69%) – NEDA's monthly newsletter, *A Tip Of The Hat*, and
- #3 (42%) – NEDA email.

Since NEDA has not had a formal email program in place, we were surprised that NEDA email was so high on the list.

When you joined or renewed your 2010 membership, hopefully you checked off the lists you wanted to be a part of. If you didn't, don't worry, keep reading to find out how to edit your preferences. If you elected not to receive any NEDA email, we've made note of that, too. And, as always, NEDA will NEVER provide your email address to a third party.

NEDA members and non-members may subscribe (opt-in) to any of the lists described below. We do have a current-year membership email list that is maintained manually and cannot be joined through the website. This list contains all current-year members who do not opt-out of all email. The current-year email list will only be used for member sensitive information and important updates. Therefore, you should only opt-out of all email if you don't ever want to receive any email, including important bulletins. If you allow NEDA to use your email address ONLY on the current-year membership list by not opting-out of all email, AND you don't join any of the lists described below, you will ONLY receive extremely important bulletins by email.

This year, NEDA has the following lists in place in its email program, and both NEDA members and non-members can join any of these:

- ~ *General Subscriber*
- ~ *Competitions*
- ~ *Education*
- ~ *Sport Horse & Breeding*

~ *Volunteer Opportunities*

~ *USDF Certified Instructors*

A *General Subscriber* can be anyone. NEDA members who have not chosen to opt-out of all NEDA email are automatically enrolled in this list with their membership. Non-members can join by visiting the NEDA home page ([www.neda.org](http://www.neda.org)) and using the 'Sign Up for Our Email Newsletter' box located at the bottom of the left-hand menu. This list will receive emails containing general information we feel is important enough to get out immediately, like when we were having trouble with the bulletin board.

The *Competitions list* is a brand new list for NEDA, and members and non-members can opt-in through the website. This list will receive a monthly email, February through November, with reminders about opening dates, lists of upcoming shows, schooling shows in New England, etc. Occasionally, this list might get an important announcement regarding rule changes, judge updates, year-end awards, etc.

Subscribers to the *Education list* will receive timely emails regarding NEDA's Flextime Instructor Program, the Spring and Fall Symposiums (including information and deadlines for demo rider applications and auditor sign ups), the Year-End Celebration banquet, and other educational opportunities. This list may also expand to include information about regional clinics being offered by private farms and other GMOs.

*Sport Horse & Breeding subscribers* will receive emails about NEDA's annual stallion auction, handling clinics, and breed shows.

Subscribers to the *Volunteer Opportunities list* will receive emails regarding upcoming volunteer opportunities at NEDA run and organized events.

The *USDF Certified Instructors list* will receive emails about upcoming judges' programs and NEDA events that will provide continuing education credits for those already certified.

For NEDA members who would like to check or update their email preferences, go to the NEDA home page ([www.neda.org](http://www.neda.org)) and type your email address in the 'Sign Up for Our Email Newsletter' box located at the bottom of the left-hand menu. After typing in your email address, click 'GO.' If you are a current NEDA member who opted-out of

(NEDA Email continued to pg. 32)

(Relaxation continued from pg. 29)

your ability to be soft and supple and relax with the horse's movement. This is because energy passes through soft, relaxed muscle more easily than hard, tense muscle.

Because relaxed movement is also fast, the rider can pulse the aids rapidly, whereas tense movement is slow, resulting in aids that stay in contact with the horse far too long. Training yourself to use aids correctly helps you to recognize the degree of relaxation necessary for advanced riding.

### *Recognition of Tension Versus Relaxation*

We tend not to recognize tension in our bodies. Over time, stress and injury increases our rigidity and stiffness so tension becomes part of who we are. Riders are so often told to just "relax", either generally or in a targeted specific muscle, but without the tools to maintain those lengthened muscle fibers, it is difficult to sustain any change.

Once you are taught to identify tension, through tai chi, or any other method, you can then learn the relaxing response necessary for prolonged change. With practice, relaxation will come to define your posture and your riding position.

### *Engagement through Relaxation Versus Strength*

Relaxation is also essential for efficient engagement. Generally speaking, the horse is considered "engaged" when energy created in the haunch reaches the shoulders with sufficient force in order to lift the shoulders. This occurs when the hind legs come well under the belly to utilize and lift the horse's back in an educated manner. Since relaxation enhances the transfer of energy through muscles, and energy must transfer through the rider as well as the horse, tension within either the rider or the horse will block the energy

flow and therefore diminish the full potential of the horse's thrust.

When the horse uses energy efficiently, engagement is less effort, and therefore requires lighter aids from the rider. This process is complex, but it is important to state, within the context of relaxation, that over time the freedom of movement that promote this efficiency will demand relaxation from the rider rather than strength. Horse and rider can become so effective that they seem to move effortlessly as one.

### *Using Minimum Muscle Effort*

Another parallel between tai chi and riding affects the application of the aids: Practicing tai chi teaches you to use the minimum degree of muscle effort to complete any task.

Let's say you want to advance the horse's left shoulder. You can do this by slightly opening the fingers of your left hand (different for western riders); the educated horse will advance his shoulder without any other action. This statement may seem overly simple when a myriad of factors come into play when riding, but the point here is to learn to think in this minimalist fashion. Riders who manage their horses through the strength of their aids will find this concept unfamiliar. Indeed, it requires a leap of faith to abandon aggressiveness and re-educate the horse and the rider to respond to less.

It must be noted that not all movement can or should be relaxed; movement by definition implies some degree of tension. But, by starting from a position of relaxation, even strenuous movements like piaffe can be performed with less tension and return to relaxed movement more quickly. And, even in these difficult movements, a rider's aids should always be guided by "the least amount of muscle effort" in order to maintain the soft/rapid quality characteristic of relaxation.

There is an ancient tai chi saying that describes how you should feel as you ride: "Be still like a mountain, and move like a great river." The stillness is in the mind as energy flows through the body. Understanding how relaxation can exist within an active body, instantly and effortlessly changing with each degree of movement, is central to understanding how advanced riders can direct the horse with such apparent ease.

### *Increasing Your Level of Relaxation*

Think about your own degree of relaxation as you read this article and again when you are in the saddle. Ask yourself these questions:

Are you balanced within your skeletal aligned frame?

Or, are you "holding" your alignment through muscle tension?

And then, what changes occur when you add the horse's movement into the equation?

Typically, you will find tension through your shoulders and back of the neck. Many riders also find tension in their face and jaw, lower arms and wrists, and knees, calves and ankles – all areas that should ideally stay relaxed.

Tai chi and qi gong exercises offer a fun and easy way to improve your degree of relaxation. The slow movement within skeletal alignment teaches both awareness of tension and the sensation of relaxation. Combine this with developing your dan-tien breath (see prior article: "Knowing Your Dan-tien Breath"), and you will be well on the pathway to better riding through energy mastery. ☞

*Andrea Steele is a Connecticut author and producer of DVDs design to bring an artful and in-depth learning experience to the equestrian. For more information about relaxation and other riding topics, visit: [www.MouseHoleFarm.com](http://www.MouseHoleFarm.com).*


(NEDA Email continued from pg. 30)

all NEDA email when you joined or renewed for 2010, or if you are a non-member, when you enter your email address in the 'Sign Up for Our Email Newsletter' box and click 'GO,' you'll be directed to enter your email address and click 'Submit.' You'll then receive an email in your inbox requiring you to update your profile. We use this process for updating as it is the most secure way to ensure your email preferences are private and can only be changed by you. In fact, if you've opted-out of NEDA email in the past, we cannot and will not override your preferences. We

would rather err on the side of not sending you email than send you email you don't want. So, please be aware of how powerful your past or future choice of opting-out of all NEDA email is. If you opt-out and then sign up at a NEDA event and check off the Competitions list, we can't add you. In order to protect our members' privacy, only you can opt back in.


That's NEDA email. If you have any questions or comments about how this works, send me an email ([jjpdillon@verizon.net](mailto:jjpdillon@verizon.net)) or give me a call (508-641-3121). ☺

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 <b>SPECIAL FEATURE: Members Only</b> <b>Guenter Seidel</b> Riding and Lecturing On Metropolitan by Olympic Ferro	 <b>SPECIAL FEATURE: Members Only</b> <b>Volker Brommann</b> Riding & Lecturing on Optimist 8 yrs. old gelding Training 2nd Level	 <b>SPECIAL FEATURE: Members Only</b> <b>Steffen Peters</b> Riding and Lecturing on Lombardi Owned by Akiko Yamazaki
 <b>SPECIAL FEATURE: Members Only</b> <b>Jan Ebeling</b> Riding & Lecturing on Felecziao 9 yr. old Westphalian Stallion	 <b>SPECIAL FEATURE: Members Only</b> <b>Veterinarian</b> <b>Hermen Geertsema</b> Lectures on Teeth & Aging	 <b>SPECIAL FEATURE: Members Only</b> <b>Anne Gibbons</b> A Lunging and Riding Lesson Focused on Body Position

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# 2010 NEDA Calendar of Events

☞ VISIT [WWW.NEDA.ORG](http://WWW.NEDA.ORG) FOR MORE INFO ☞

August 8

## THE FARM SCHOOLING SHOW

Tewksbury, MA

Contact: Diana Lane 781-662-2373 or [dqlane@msn.com](mailto:dqlane@msn.com)

September 14 - 16 (Noontime both days)

## EXPANDED BREED SHOW IN 2010! GREAT AMERICAN/USDF NEW ENGLAND BREEDERS CHAMPIONSHIPS SERIES QUALIFIER & FINAL, PRESENTED AT NEDA FALL FESTIVAL

Saugerties, NY

\$5,400 Stallion Auction Futurity, \$2,400 Born in America Purse & \$2,100 NEDA Sport Horse Sweepstakes

Contact: See information below

September 14 - 19

## USDF / GREAT AMERICAN REGION 8 CHAMPIONSHIPS AND NEW ENGLAND BREEDERS CHAMPIONSHIPS ~ CDI-W J/Y ~ OPEN SHOW PRESENTED AT NEDA FALL FESTIVAL

HITS on the Hudson, Saugerties, NY

Manager: Beth Jenkins 508-655-6490 or [bjenkins@ix.netcom.com](mailto:bjenkins@ix.netcom.com)

Secretary: Debra Reinhardt 203-264-2148 or

[debra@centerlineevents.com](mailto:debra@centerlineevents.com) Volunteer Coordinator:

Debbie Carr-Kirk 508-539-3534 or [willowdck@aol.com](mailto:willowdck@aol.com)

Sept. 28

## DEADLINE FOR NEDA YEAR END AWARDS

Contact: Sue McKeown 508-459-9209 or [suemckeown@charter.net](mailto:suemckeown@charter.net)

October 1

## APPLICATIONS DUE FOR THE NEDA FALL SCHOLARSHIP PROGRAM

## NOMINATIONS DUE FOR THE ANN VILLANI AWARD

Contact: Sue Edelen 978-356-8704 or [suedelen@comcast.net](mailto:suedelen@comcast.net)

Oct 29-31st

## NEDA FALL SYMPOSIUM WITH SHANNON & STEFFEN PETERS

UMASS Hadley Farm, Hadley, MA

Contact: Jennifer Dillon 508-641-3121 or [jjpdillon@verizon.net](mailto:jjpdillon@verizon.net)

Oct 30

## NEDA YEAR END CELEBRATION AND AWARDS BANQUET IN CONJUNCTION WITH THE NEDA FALL WEEKEND

Nov. 11-14

## NEDA BOOTH @ EQUINE AFFAIRE EASTERN STATES EXPOSITION,

W. Springfield, MA

Volunteer Coordinator: Karin Swanfeldt 978-772-5197 or

[Kdswany@aol.com](mailto:Kdswany@aol.com)

Nov 30

## LAST CHANCE FOR NEDA 2011 EARLY BIRD RENEWAL @ WWW.NEDA.ORG

Questions? Contact Heather Stone 617-480-8077 or [hstone@eapdlaw.com](mailto:hstone@eapdlaw.com)

## NON-NEDA EVENTS

March 27

## STALLION SHOW AT PINELAND FARMS,

New Gloucester, ME

Contact: Gwyneth McPherson (207) 657 6419 or

[gmcpherson@pinelandfarms.org](mailto:gmcpherson@pinelandfarms.org)

April 10 & 11

## LEARNER JUDGES "L" PROGRAM, SESSION B:

with Betsy Berrey at Pineland Farms, New Gloucester, ME

Contact: Gretchen Shantar at [grarnold@roadrunner.com](mailto:grarnold@roadrunner.com)

May 29 & 30

## LEARNER JUDGES "L" PROGRAM, SESSION C

with Sandy Howard at Pineland Farms, New Gloucester, ME

Contact: Gretchen Shantar at [grarnold@roadrunner.com](mailto:grarnold@roadrunner.com)

June 12 & 13

## TEN BROECK FARM USDF BREED SHOW

(2 Shows! 2 Different Judges!) Pepperell, MA

Contact: 203-217-6011 or [www.tenbroeckfarm.net](http://www.tenbroeckfarm.net)

July 23

## DRESSAGE AT PADUKA RUN USDF BREED SHOW

Geneseo, NY

Contact: Meredith Ferland, 401-862-5967 or

[meredithferland@gmail.com](mailto:meredithferland@gmail.com)

August 6

## MAPLEWOOD WARBLOODS BREED SHOW

Middletown, NY 10941

Contact: Jen Vanover, 845-692-5613 or

[mwwarmbloods@frontiernet.net](mailto:mwwarmbloods@frontiernet.net)

August 14

## PINELAND FARM EQUESTRIAN CENTER DRESSAGE AND BREED SHOW

New Gloucester, Me

Contact: Gwyneth McPherson (207) 657 6419 or

[gmcpherson@pinelandfarms.org](mailto:gmcpherson@pinelandfarms.org)

August 21

## CENTRAL MAINE DRESSAGE ASSOCIATION SPORT HORSE BREED SHOW

Durham, Me

Contact: Carol Poulin-Taylor 207-353-8533 or [EspritEC@aol.com](mailto:EspritEC@aol.com)

Oct. 8 - 9

## CHILDREN OF THE AMERICA'S INVITATIONAL, BEAR SPOT FARM

Concord, MA

For more information and entry requirements go to [www.bearspotcadi.com](http://www.bearspotcadi.com)

## Year-End Slide Show We need your pictures!

Throughout the upcoming year, we'll be collecting pictures for the 2010 Year-End Banquet slide show from NEDA members. For every one of your pictures selected for the slide show, you'll receive an entry in a drawing for free admission to the 2011 Fall Weekend (symposium plus banquet).

To enter your pictures, email Jennifer at [jjpdillon@verizon.net](mailto:jjpdillon@verizon.net). Be sure to include your name, email, phone number, and address, as well as a caption about your photo (who's in it, who took it, where it was taken, etc.).

**Winner will be announced  
at the 2010 Year-End Banquet.**



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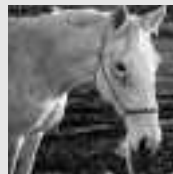
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## Adopt Your Next Horse!



**Chinook** – is a 14 year old grey Dutch Warmblood/TB mare of about 16.1 hands who is very sweet. She is fine with cross ties and stands for the vet and Farrier. She's a beautiful mover- walk, trot, and canter. We have ridden her in English tack here at the MSPCA and she will need an advanced intermediate rider. She had not been ridden for over a year in her previous home so she will need extra help to bring her back to full work.



**Brite** – is a beautiful 18 years old, 16 hand bay TB gelding with greatground manners. We have ridden him in English tack and he has been great WTC. He has smooth gaits and seems to be very safe under saddle. He can also be a jumping prospect. He is looking for an advanced beginner to intermediate rider.



**Brandy** – is an 8 year old tobiano mare of about 15 hands. She is quiet on the cross ties and easy to work around while grooming and tacking up. She is still a little green under saddle. She has a soft mouth and is currently being ridden in a Happy Mouth snaffle with English tack. She has a very comfortable trot and canter, but needs more balancing work at the canter. She will need a confident yet patient handler to continue her work under saddle.

**For more info on these or other horses at the MSPCA at Nevins Farm go to [www.mspca.org/nevins](http://www.mspca.org/nevins) or contact the barn staff at (978) 687-7453 x6113 (dial 8 before the extension) or [barnstaff@mspca.org](mailto:barnstaff@mspca.org).**

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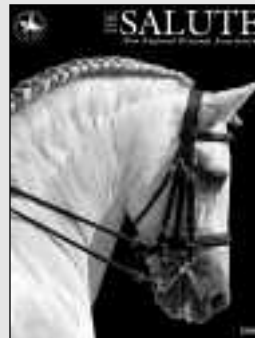
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• <b>1/3 Page Vertical</b> - 2½"w x 10"h	.....\$175	.....\$225
• <b>1/4 Page Vertical</b> - 3½"w x 5"h	.....\$150	.....\$200
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• <b>Service Directory Listing*</b>	.....\$50	.....\$75

Additional listings - \$25 each

\*Service Directory Listing (text copy only) includes: Name, address, phone number and 35 word listing. Cost over 35 words is \$5.50 per line. All display ads include a directory listing.

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*NEDA is a USDF member  
and all GMO members are  
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## *A Tip of the Hat*

### **May/June Tip Highlights**

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Great Success! - pg.1



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Volunteer for the Fall Festival!  
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*and more...*