



UDS E-NEWSLETTER AUG. 2011

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Official Newsletter of the
Utah Dressage
Society

We are on the web:
Utahdressagesociety.net

We are also on Face-
book—type in Utah Dres-
sage Society for more
pictures and info.

RENEWAL FOR UDS

Reminder: UDS Membership
year ends November 30,
2010. Renewal for 2011
begins December 1, 2010.
See our website to renew on-
line
<http://utahdressagesociety.net> or
print a form and mail to
UDS
P.O. Box 562
Draper, Utah 84020

UDS ANNUAL SHOW—AUGUST 12-13, 2011

The UDS Annual Show will be held at Millbrook
Farms this year which is located in Fairfield, Utah.
The address is 17471 West 1300 North, Fairfield,
Utah. Driving directions can be found at <http://www.millbrookfarms.com>. Contact Jan Lawrence
with questions about the facility or stabling.
millbrk@xmission.com

Sponsorships are still available:
Contact Sari Stevens with questions and how to
submit information.

Sari Stevens
Utah Dressage Society
801-592-8622
saristevens1@gmail.com

Available Sponsorships:

\$25.00—Individual Class Sponsorship
\$100.00—Event Sponsorship
\$300.00—Arena Sponsorship
\$450.00—Signature Sponsor

Show Program Advertising:

\$50—Full Page
\$40—Half Page
\$30—Quarter Page
\$25—Business Card

Vender Booth

\$50 for both days of the show

Volunteers are also needed, contact Sue Jero at
sjero@aol.com.

Utah
Dressage Society

39th
Annual
Dressage
Show

August 12-13 • 2011
MILLBROOK FARMS
17471 W 1300 N • Fairfield Utah

www.utahdressagesociety.net www.millbrookfarms.com

In the works for 2011-2012

The UDS Board is looking ahead with a renewed
sense of energy bolstered by the prospect of be-
coming a tax-deductible not-for-profit, which should
be completed by the end of this year. In addition to
the innovative Short Tour Dressage Program, in
April 2012, Lilo Fore will be in Utah for a 2-day
clinic and also in 2012, the Collectives and the
UDS will be hosting the Region 5 Championships!
More details soon.

Photos from Wasatch Back Festival at So. Jordan Equestrian Center—July 15-16, 2011

Send articles, pictures, ads, items of interest to

Vicki May
UDS Newsletter
Editor
dressage-
lady@gmail.com

Deadline for
Newsletter is 1st
of each month.



Classified Ads

*Equine Mortality, Major Medical, Surgical
Horse Show Coverage
Trainer/ Instructor Liability
Farm & Ranch Property Coverage
Life, Home, Health, Auto*

Crowley Insurance Agency, Inc.
Heidi Decker, owner/agent
heidi.decker4@gmail.com/801-891-5053

CLASSIFIED AD RATES	
<p>Newsletter Ads will also be run on the UDS website for no additional charge. UDS Members receive 100 free words per year per member in the classifieds.</p> <p>Rates for Display Ads: (includes a photo) Full Page \$50.00 per issue Half Page \$25.00 per issue Business Card \$15. per issue</p> <p>Rates for Classified Ads: Up to 25 words \$5.00 Up to 50 words \$10.00</p>	<p>Make checks payable to Utah Dressage Society P. O. Box 562 Draper, Utah 84020 or</p> <p>Use PayPal to pay for your ads. Be sure to notate on check or PayPal that the payment is for a Newsletter Ad.</p> <p>Deadline for Newsletters is the 5th of each month. Ads must be paid for before this time.</p>

Classified Ads Con't

IDYLL While Farm's caring staff is experienced in all facets of horse care, including working broodmares and foals, aging horsea and lay-ups. Clean, spacious stalls with paddocks provide an ideal environment to keep your horse healthy and happy. Conveniently located in West Valley City. For more information, call Lynn 801-250-1532



Fitness Corner

How to be F.I.T.T.E.R.

Functional Intensive Training & Therapy for the Equestrian Rider

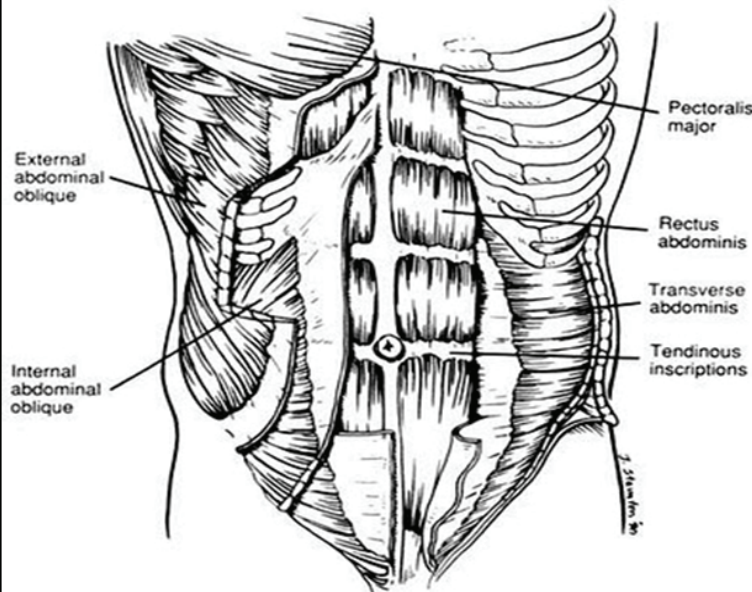
Well show season is in full swing and I hope you are enjoying it! Last month was the first of how to be Fitter! I started the very first article with balance. I hope that you have tried and mastered the exercises that I gave you and if so you are ready to move on.

In dressage the term "gymnastics" is used when describing exercising our horses. These exercises are used to help strengthen the horse and promote "self carriage". So this month we will work strength to better on our self carriage. I hope you have purchased the items I discussed in the last article, you will need a 55cm stability ball, a light to medium tubing with handles and two sets of dumbbells, one light and one a bit more challenging. If you do not have these items you can purchase them from me.

To attain better self carriage or as we call it posture a strong core is needed. Your "core" is:

Central section of the body consisting of the entire spine, pelvic girdle, and hip joints.

29 different muscles attach to these specific anatomical landmarks.



I am not trying to give you too much clinical jargon I just want you to understand that your core is more than just your abdominal muscles. So here are a few exercises to help strengthen your core.

The first is very simple; you will need to be on all fours hands shoulder distance apart and knees hip distance apart. You want to make sure there are no wrinkles in the back of your neck so the back of your head is flat to the ceiling, without moving your back.

First allow your stomach to relax outward but without arching your back then contract abdominal muscles inward again without moving your back.



The picture above is the next step once you can contract your abdominals without changing the curve in your back. By lifting opposite arm and leg again without changing the curve in your spine you will use not only the muscles in you abdominal wall but also the important muscles in your spine. You can do 20 repetitions on each side and if you have mastered this you can use a light weight in your hand to increase the work thus making you stronger! If you really want to challenge yourself you can try this same exercise on your feet but start by just holding this position which is called the half plank



These exercises should not cause pain in the low back at all if they do stop and try to focus on contracting the stomach muscles by lying on your back instead, this will take any weight off the back and help you focus on the correct use of the core muscles. By strengthening the muscles in you core you will increase you postural strength giving you better self carriage!

Happy riding!
Anna Nemeckay

UDS Scholarship Review by Madison Bigler

Receiving the UDS scholarship allowed me to take a clinic with Holly Mason, an additional lesson with Margo Gogan and to participate in a Short Tour show on top of the rated shows that I have competed in over the past couple of years. The interesting thing about attending the clinic and then taking a lesson with Margo was that both focused on the same issue but in slightly different ways. Both Holly and Margo noticed that Allie is extremely stiff through her middle. She holds her breath and doesn't move through her stomach very well.

Holly had me using my knees and dropping my outside rein to keep Allie on the bit and moving from my inside to outside rein. Holly started with working on Allie's shoulders and hips. She used the whip to get the horse to move over and release her shoulders and hips to the pressure. Then she turned it over to me. We used leg-yields on a circle to get the same kind of result. As Allie began to curve more in her spine and swing more through her back I felt the difference. She got smooth and Allie is not a very smooth horse. We also worked on her canter transitions. She always seems to tense up no matter what I do but Holly was able to help me find a way to keep her relaxed and to step right into the canter. Just getting her smooth and moving in the trot made the canter transitions that much better.

Margo wasn't as subtle. She had me ride the first level test three and then we took parts of the test and broke it down until we had Allie responding to my inside leg. Margo had me turn Allie's nose toward the center and basically drop my outside rein. Then I started using my leg to make her leg-yield. When she began responding better to my inside leg we added a little outside leg to get the forward we wanted. We did a lot of circles, then straight leg-yields, and in every corner we bent and pushed her over. All this work made her stride better, her transitions were smoother, and she wasn't fighting my legs as much. The most important thing I took from this lesson was that I have to get Allie to accept my touching her but I also need to give her an out so she doesn't feel trapped. By putting these concepts together with what I learned in Holly's clinics I am now better able to get Allie warmed up and more relaxed and flexible prior to riding a test.

I was really excited to be able to put these two training methods to use and actually feel the difference in my ride. The first chance I had to practice what Holly had taught me was at the first Short Tour show at Rose ranch. My rides were much better than last year. After my lesson with Margo I attended the Wasatch Back rated show. Everything Margo worked on with me really helped get Allie relaxed before I went in the show ring. I felt the areas we focused on were much smoother and really helped my performance overall.

The UDS Scholarship provided me an excellent opportunity to participate in these activities and I definitely came away with new knowledge and training. This scholarship will help me give back to my parents who have supported me without any hesitation to pursue my passion in equestrian sports. There is so much more for me to accomplish and tackle in developing my riding skills and I'm so glad that there are options such as this scholarship to help me keep moving forward.

More about Scholarships:

UDS Scholarships are available to all members. There are two scholarships for \$250.00 each and must be used to further your dressage education and training. Eligible expenses will include, cost of clinics, mounted or un-mounted, reasonable expenses to attend these clinics, cost of educational materials such as training books and videos and other educational opportunities such as symposiums. For more information, look under Forms on our web site at utahdressagesociety.net. Applications must be postmarked by October 15 of the year.

UDS Rules and Policies

Elections R/A-5/2011

1. Candidates for office must be twenty-one (21) years old or older.
2. By September 5th each year, a Nominating Committee will be established by the UDS President.
3. By October 1st each year, nominees will be, at a minimum, posted on the UDS website.
4. By October 6th each year, ballots will be mailed to the membership.
5. Ten (10) days prior to the Annual Meeting, which is held the 2nd Wednesday of November, is the closing date for receipt of completed ballots.
6. No later than December 1st, the new Board members will be announced and posted on the Website with a suitable picture. A follow-up article will be placed in the first UDS newsletter following the elections.

Nominating Committee R/A-5/2011

1. The Nominating Committee will consist of three (3) current UDS members. One will be a Board member while the others are non-Board members. One member of the committee will be designated the election process Manager. Candidates for office cannot serve on this committee.
2. The Nominating Committee is responsible for ensuring that there is at least one candidate for each available position. All nominees shall meet the qualifications as determined in the By-Laws. To help in campaigning, all nominees will be given equal access to the most current Membership contact information.
3. The Nominating Committee will solicit nominations for the Officer positions, prepare, distribute, collect and count ballots, and announce the election winners.
4. The Nominating Committee shall contact all incumbents to determine if they wish to run for reelection. UDS members are encouraged to contact the Nominating Committee if they wish to run for office.
5. A nomination request will be published in the Newsletter and on the UDS Website which shall include a deadline and process to submit nominations.
6. Nominees will be posted on the UDS website, in the newsletter and/or sent to the General membership by US mail. Voting Procedures R/A-5/2011
 1. The Nominating Committee shall receive votes by mail.
 2. Within twenty days (20) after the election closes, the committee, in the presence of the entire BOARD, shall open and count the ballots. The ballots shall be, then, sealed in an envelope. On the front of the envelope, the committee shall note the date and the official result of the election. Each member of the committee shall sign the envelope to certify the results of the election. The signed and noted envelope shall be held for sixty (60) days. If there are no requests for a recount during that period, the envelope and contents shall be destroyed.
 3. The committee shall discard ballots postmarked after the closing date.

4. If the winner in a contested race for a specific position wins by five (5) votes or fewer, either candidate for the contested position may demand a recount of the votes. Upon a request for a recount, the Nominating committee shall recount the ballots in the presence of a quorum of the BOARD. The committee will place the ballots in an envelope and seal, sign, and note the envelope as set forth above.
5. The candidate who receives the greatest number of votes, of the ballots cast, shall be elected to the position on the UDS Board of Directors.

Elections Coming Up Soon

Dear Members of UDS.

As another summer is beginning to wind down, it is time to think about nominations of officers for the coming year. UDS has had an eventful and productive year. The new "green" e-newsletter has been introduced. UDS has become "techi" by joining Facebook. The short-tour program has been quite successful for many. The education program brought "L" judge Melissa Creswick for a training symposium. Lilo Fore, USEF "S" judge and FEI "I" judge, is scheduled to clinic in Utah in April, 2012. And to top it off....Regional Championships will be hosted in Salt Lake City in 2012.

With all of the new programs, UDS has become stronger and more innovative. We believe all members benefit from this ongoing progress. The positions available for nomination are: President, Secretary, Membership Director and Director of Outreach and Events. Please submit your statement of interest and/or nomination to me or to any board member of UDS for the positions available before October 1, 2011. Our organization is as strong as the volunteers willing to participate and work together. It does take a village to survive and excel!

Congratulations to Region 5 for winning the Team Gold Medal at the North America Young Riders Championships in Lexington, Kentucky. Our own Maddi Birch from Utah is a member of this esteemed group of young riders. We all support the sport we love and strive to continue to help it grow in the state of Utah.

Best Regards,
Julie Lawson
Vice-President

Omnibus Reminder!!!

Since we all have so much extra time with so many shows canceling, it's a good time to start working on our prize lists for next summer!! Our year end awards banquet will be held November 12, 2011 at The Jeremy Golf & Country Club, but we won't have the omnibuses ready by then (of course)! Just a reminder about the deadline for ALL PRIZE LISTS AND ADVERTISEMENTS AND PAYMENTS will be DECEMBER 15, 2011. Let's use our time wisely while we have it!!



Utah Dressage Society

A tax exempt, not for profit organization IRS-501(c)(7)

PO Box 562 Draper, Utah 84020 www.utahdressagesociety.net

Utah Dressage Society Membership Application

Membership Year: _____
First Name: _____
Last Name: _____
Street Address: _____
City: _____
State: _____
ZIP: _____
Phone: _____
E-mail: _____

The information entered above will be published in the UDS Omnibus. Personal information is for UDS purposes only and will not be sold.

Check here for an "unlisted" phone number and email in the omnibus

Division: **\$40** Junior/YoungRider _____
\$50 Adult Amateur _____ Open _____ Owner _____

USEF Number: _____ Required for AA Riders (or enter "none")

Rider's Date of Birth: _____ mm/dd/yy if < age 22 otherwise enter Adult

Name on check: _____ if different from Member Name

Check Number: _____

If you are the OWNER of a horse, fill in the information below. Otherwise, you are done!

Horse's Show name: _____

Horse's USDF or HID number: _____

Send Payment to: UDS, PO Box 562, Draper, UT 84020

Utah Dressage Society
P. O. 562
Draper, Utah 84020

We're on the Web
<http://www.utahdressagesociety.net>
Facebook: Utah Dressage Society



Time to Renew your UDS Membership.

The UDS will **NOT** raise its membership fee for this year. The USDF has raised their fees, but we will keep our dues at \$50.00 for adults and \$40.00 for JRs. (\$20.00 of that goes to the USDF.) You can print a form from the UDS Website and mail in your membership form or use PayPal and pay on-line. If you need a copy of the Membership form, contact Kay vanPatter at 801-968-9227. If you haven't renewed your membership, this will be your last newsletter . :).