



UDS E-NEWSLETTER JULY 2011

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Official Newsletter of the Utah Dressage Society

We are on the web: Utahdressagesociety.net

We are also on Facebook—type in Utah Dressage 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 online <http://Utahdressagesociety.net> or print a form and mail to UDS P.O. Box 562 Draper, Utah 84020

UTAH DRESSAGE SOCIETY POLICIES, PROCEDURES & RULES 2011

The UDS has updated it's Policies, Procedures & Rules. These updates reflect changes and revisions that have occurred within the club which the Boards feels furthers the UDS in it's mission to educate, promote, encourage, and inspire its members and the general public through programs, publications, and competitions, in a way that enhances the image of dressage and promotes the welfare of the horse. The Board has been working upon and updating these policies, procedures and rules for quite some time and would like to thank Nance Allen for her efforts on completing the revisions.

Listed below are the Main Topics where are covered in the UDS Policies, Procedures & Rules. The complete document is on the UDS web site under the Rules/Bylaws menu (Utahdressagesociety.net) Also, they will be published in the Omnibus.

- Mission Statement
- Membership Year
- Annual Dues R/A 1/11
- Benefits, Rights, & Privileges of UDS Membership shall include R/A 1/11:
- Elections R/A-5/2011
- Nominating Committee R/A-5/2011
- Ethics and Limitations
- Just Cause
- UDS Newsletter
- Omnibus

- UDS Website R/A 1/11
- SHOW RECOGNITION & COMPETITION MANAGEMENT R/A 1/2011
- Score Tabulation R/A 5/2011 (see page 6)
- Awards: General Rules
- Volunteer of the Year Awards R/A 4/2011
- Appendix A—UDS Conflict of Interest Policy
- Appendix B—UDS Helmet Policy R/A 1/2011
- Appendix C—UDS Arena Rental Policy & Procedures R/A 4/2011
- Appendix D—UDS Sound System Rental Policy & Procedure R/A 4/2011
- Appendix E- Short Tour Dressage Program
- UDS Only Recognition R/A 1/2011

Gift Certificate for High Scorer

The Wasatch Mountain Chapter of RMDS is offering a \$50 gift certificate to Horse Crazy to the HIGHEST SCORER at each of the 4 USEF/USDF/UDS shows—Wasatch Back, Sage Creek, UDS Annual Show, The Collectives at Hilltop

To be eligible for the gift certificate, the individual MUST be a member of The Wasatch Mountain Chapter of RMDS showing in any test, Training through 4th Level, (NO FEI TESTS) at the 4 UDS/USEF/USDF sanctioned shows.

It is ONE Horse Crazy Gift Certificate per show 1- for The Wasatch Back Show (2 day), 1- for The Sage Creek Show (2 day), 1- for the UDS Annual Show (2 day) and 1 - for The Collectives Hilltop Show (1 day). Open to Junior/Young Riders, Open Riders and Adult Amateur Riders

Lilo Fore Clinic—is coming to Utah in 2012. Applications are already being accepted. Mark your calendars for April 21-22, 2012. It will be in Ogden, Utah. More details soon. Please check the USDF web site , <http://www.usdf.org/education/clinics/adult/index.asp>—for application information.

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.

Show Updates

There has been some confusion due to the EHV-Virus outbreak, about which shows are being held this year, so here is a quick run-down of upcoming shows.

July 9th, UDS Short Series Tour—to be held at Lynnleigh Farms at 8:00 am, Trisha Kerwin—judge.

July 13th, Hoofprints schooling show—Marlo Vivenzo—judge.

July 15-16—Wasatch Back Festival I & II—South Jordan Equestrian Center.

July 29-30—Sage Creek III & IV at Sage Creek

Aug 5th Hilltop Dressage Rated Show

Aug 12-13—UDS Annual Show at Millbrook

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

Functional Intensive Training & Therapy for the Equestrian Rider— Anna Nemeckay

This is the first of a series that will help you become a better dressage athlete.

Let me first introduce myself my name is Anna Nemeckay I am a personal trainer and group exercise instructor at the Silver Mountain Sports Club in Park City. I have been in the fitness industry for over twenty years, which makes me feel a little old. I have been riding and competing in dressage for just over 3 years. I train with Margo Gogan and own a wonderful Friesian named Jorryn.

I would like to bring what I know from the fitness world into the dressage world. As equine lovers we are diligent in making sure our equine athletes get the right amount of nutrition, exercise and rest. We go as far as adding equine massage, chiropractic and acupuncture to better our partner's performance and ability to recover. But when it comes to the other half of the athletic equation, ourselves, some fall short.

In the dressage world terms like, self carriage, engagement, and athleticism are used with regards to our horses but these are things that apply to us as well are better described as having good posture, good muscle recruitment and specific sports conditioning. Each month I will give you a few exercises to help you become a better athlete to your equine partner. You will need to have some basic tools to help you with these exercises you can find these in your local gym or you can purchase them from me. 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.

This month we will start with balance. I often hear people say they have no balance but obviously if you can stand up you have some balance. First try this test stand on one foot for one minute then repeat that on the other foot. If you had to touch the floor with the elevated foot before the minute was up then you struggle with balance. Think about it if you struggle standing on the ground then how is that affecting your ability to balance in the saddle. I believe in the old saying if you don't use it you lose it!

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CLASSIFIED AD RATES

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.

Rates for Display Ads: (includes a photo)

Full Page \$50.00 per issue

Half Page \$25.00 per issue

Business Card \$15. per issue

Rates for Classified Ads:

Up to 25 words \$5.00

Up to 50 words \$10.00

Make checks payable to
Utah Dressage Society
P. O. Box 562
Draper, Utah 84020 or

Use PayPal to pay for your ads. Be sure to notate on check or PayPal that the payment is for a Newsletter Ad.

Deadline for Newsletters is the 5th of each month. Ads must be paid for before this time.

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IDYLL WHILE FARM's caring staff is experienced in all facets of horse care, including working horses, broodmares and foals, aging horses and lay-ups. Clean, spacious stalls with paddocks and lush pastures 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](tel:801-250-1532).



Coaches Corner—

Developing Trust

by Gail Veley

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.

Hey all you trainers!
Get your article in and
get some recognition!

Anyone else? Send in
an article regarding
dressage, riding,
horses!!! I'd love to
see it and publish it!

Vicki

My window finally arrived. The one to work my horse, that is. After four days of busy lessons, errands and barn chores, which left me no time to spend with Elliott my main squeeze, I now had three hours to spend with him. We were preparing for our, well, let's see. How many rides have you had on a horse you've ridden at least four days a week for two and half years? I'd have to guess we were preparing for our 474th ride give or take a few. We were in our usual place for grooming and tacking, a cozy spot in my indoor arena. Using a break-away tie, my 17-hand thoroughbred was attached to a post and assuming the position for our ritual. Kisses, brushing, more kisses, more brushing. Occasional glances into his soulful eyes, held long enough to appreciate the clear bond we shared built on patience sprinkled with affection. In mid-curry comb, he flinched twice. I assumed the sparrows who occupy the rafters of my indoor were disapproving of our presence. They're famous for their *squawk squawk squawks* followed by the pelting of hay strands if we interrupt their social time. Once they even pelted Elliott's head with half a bird's nest! For that he startled and almost broke the tie. "It's okay, son," I always say and said then to reassure him. That phrase is one which passes through my lips sometimes numerous times during a training session. And then I saw it. Coming up from behind the thick kickboards lining the indoor arena walls, was my barn cat Sylvester.

Her head would have literally touched Elliott's nose had it not been for his explosive leap backwards followed by a struggle to break the tie. It didn't break as Sylvester looked his direction, jumped down and sped off toward the main barn. He was certainly strong enough to break the tie. He must not have been pulling with all his might. "I'm sorry Elliott, I'm sorry, I didn't know she was back there," I told him from several feet away. He was still practically sitting down and leaning hard against the tie. "Please let me help you out of this." I slowly approached and asked him to take a step towards me. The tie loosened and I unsnapped him. We walked off his anxiety with a couple of laps around the arena and went back to try again. This time, I did not tie him so as to help the edge of trepidation melt away. Why did my ride have to start this way? Yes, any horse would have reacted in a similar if not exact manner. But my Elliott began his life with me scared of every little thing. There was so much spook in him under saddle. Meeting him for the first time as a nine-year-old, he was green and immature. He was off-the-track yet had never officially raced. He'd been jumped some by a young hot-headed rider, then passed off as unrideable. He'd been on one trail ride. He'd also spent considerable time standing around doing nothing. Then this tall, gangly horse appeared on my door step for what was supposed to be a two-week evaluation period for his newest owner. He never left. Walking out to my turnout

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Coaches Corner—continued

Developing Trust by Gale Veley

to bring him in during this two-week period, something caught his attention. Standing erect and bug-eyed, he was ready to bolt. And I looked up into the eyes of this 17-hand “giraffe” and could see the long journey he needed to take with someone to be confident. Rather, the journey he needed to take with me. We needed each other. Honestly, I wasn’t the best candidate at the time for the job. I was into month three of recovering from an injury sustained when a horse I was training slam dunked me into the ground. One week in the hospital, a punctured collapsed lung, a broken shoulder and six broken ribs later, I was on the mend and beginning to ride again. And here was this tall, green, athletic and spooky horse right under my nose. One redeeming quality in Elliott stood out, however, among all the other qualities he couldn’t help possessing at that time. He wanted a partner. Secondly, he is and thinks “forward”!! Thirdly, his scared reactions were genuine. Horse people in the game long enough recognize the difference between a horse spooking out of genuine fear and those just wanting the upper hand. He was a horse I could work with. Definitely.

Riders must develop such a ***pronounced presence*** under saddle with horses who tend to shy. And though it isn’t always easy, we must be more brave than they are. We must shut a spook down before it plays out. We must log numerous hours under saddle and face numerous questions before our horse learns to think before they merely react. And we must learn to trust. Trust, a very fragile thing, may wane and surge. But it will start to grow and flourish with enough perseverance. We patent a feeling and riding style under saddle, somewhere between offensive and defensive. We get a better seat. We stretch our legs longer. We hold clear, helpful contact. We



remind ourselves that horses prefer to be calm and peaceful in their work. Not tense and fearful. *Sigh*. A student of mine likes to take pictures of me occasionally while I ride Elliott. I get them a day or two later by e-mail. And each time I first take a look I think “who’s that rider? They’re wearing a protective vest.” And then I shake my head and know that it’s indeed me and yes, I do wear a vest. Not at shows or clinics. But at home in both of my arenas. I used to only zip up a vest right before the cross-country phase of an event. Now, it’s part of my official uniform. The old adrenaline surge I used to feel putting it on, has now been replaced by a small feeling of defeat. Defeat, as in, I can’t ignore my concerns about being reinjured. I must be smart rather than fearless. I can’t end up in the same predicament I was in before. Yet, I can’t stop riding. And I certainly can’t stop progressing with this beautiful, tall and leggy horse God clearly directed me to train and show and love. I just needed to put my left foot in the iron and swing up. Again and again and again. Whew

We’re getting there. Kudos to my weekly instructor Frank for getting us past so much of it. If he had a dime for every time he’s said to me “Gail, ride through it.” Elliott and I also try to be “regulars” at Kamila Dupont clinics in Las Vegas. She loves him. “He has very good conformation for a thoroughbred,” she says. “And thoroughbreds can have all kinds of problems. He doesn’t have any of them.” Such music to my ears. Another clinician, Stephanie Brown-Beamer, said to me “you have him so well adjusted in his brain.” Yes, thank you, I will accept all these compliments. We’ve earned them. Elliott, who as it turns out is actually a grandson of Affirmed, the last Triple Crown winner, is learning to put his hotness and athleticism to work for us. Figuratively, I don’t own him. He owns me. We belong together. May all of you develop the trust you need and want from your horse. Trust *me*, it’s so worth it.

Gail Veley is a certified dressage and jumping instructor with her own lesson and boarding facility in southwest Utah. She is the author of “My Top Ten Favorite Horse Stories – and the lessons learned” available on Amazon.com and the Kindle bookstore.

SHOW RECOGNITION & COMPETITION MANAGEMENT R/A 1/2011

UDS recognizes two (2) show formats: 1) shows that conform to USEF and USDF Dressage division rules; and 2) those shows that conform to the UDS Short Tour rules.

Scores from shows that conform to *USEF and USDF Dressage division* rules AND are recognized by UDS are eligible for Year-end Awards.

In 2011, UDS initiated a new series of shows called the *Short Tour*. These shows are only recognized by UDS; are held in Utah; do NOT qualify for year end awards. UDS offers a Short Tour Championship Show. The shows offer classes from Intro Level through Second Level*; the show will be judged by "L" graduates, or Eva Adolphi; a steward or technical delegate is not required; medical personnel and an on-call farrier are recommended, but not required; and riders who have been instructed by the show judge within the past 30 days may not use the score towards qualifying for the Championship show.

Show Management must pay a show recognition fee to UDS. The fee shall be \$50 for each day of show recognition. The form to be completed is available on the UDS website. Regardless of the format, a competition must be advertised as UDS-recognized to all UDS members either by mail or by notice on the UDS website prior to opening day for receipt of entries.

*Show managers may offer higher level classes or other classes such as Western Dressage, Musical Freestyle or Prix Caprilli. However, ONLY the Intro-2nd Level classes apply towards the Short Tour Championship Show.

SCORE TABULATION R/A 5/2011

Competitors are urged to check their test sheets for errors prior to leaving any competition. Mathematical computations and accuracy in recording scores are the responsibility of the show management. However, competitors are **STRONGLY** urged to check their test sheets for errors prior to leaving any competition.

USDF/USEF competitions

Show results from an out-of-state show must be recognized by USEF/USDF AND UDS to count towards End-of-Year Awards.

UDS does NOT record or track the scores members earn at USDF/USEF competitions. It is the RIDER'S RESPONSIBILITY to ensure their scores earned at USEF/USDF competitions are provided to the UDS Awards Tabulator for awards recognition.

If a competitor disputes the score on the USDF website or the UDS website, the competitor must submit to the awards tabulator, a copy of the front page of the test that shows: rider name, horse name, show name, date, test, score, judge's name and signature attached to the UDS Score Passport (found on the UDS website and in the Omnibus <http://www.usdf.org/scorecheck/scorecheck.asp>)

Members interested in Year-end Awards are REQUIRED to retrieve their scores from the USDF/USEF websites. Should your scores not be available on the USDF website, you MUST submit a copy of the front page of the test that shows: rider name, horse name, show name, date, test, score, judge's name and signature attached to the UDS Score Passport (found on the UDS website and in the Omnibus <http://www.usdf.org/scorecheck/scorecheck.asp>)

Send this information to the Awards Tabulator **postmarked no later than October 1** of each year. An exception is allowed for those attending a Regional Championship in Arizona. Those riders have until **Nov 9th** at 9pm to scan, fax, or e-mail their scores from the Regional Championship.

With the exception of attending a Regional Championship in Arizona, all scores must have been earned between October 1 and September 30th of each year.

It is the RIDER'S RESPONSIBILITY to confirm that the recorded horse owner is a current UDS member at the time the score was earned for the score to be counted towards the Yearend Awards.

Short Tour Series

For 2011, UDS will track scores. UDS recommends competitors keep their own show records.

Competitors should compare their recorded scores with those posted in the UDS website. Contact the Awards Tabulator to confirm or contest scores. A copy of the contested test will be required.

To be eligible for Short Tour Series Championship classes, the competitor MUST have joined UDS a minimum of 14 days prior to the Championship Show.

How to be Fitter—continued from page 2

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So start challenging your balance by standing on one foot for a minute sounds simple enough? If you have mastered this it is time to make it harder! You will need you stability ball. Sit on the ball with both feet on the floor in front of you about shoulder distance apart. Make sure you are sitting up straight.



Then lift one foot off the floor WITHOUT moving the ball or slouching! Then repeat with the other foot. You want work up to one minute on each side. You are likely to find that one side is easier than the other, this is normal but by doing this exercise you will become more equally balanced. Remember that it is very important that you do not slouch or move the ball you can control this by focusing on the muscles in the lower abdominals and lower back. This exercise will help you with your body awareness in saddle and give you better balance.



This is the first of a series that will help you become a better dressage athlete.

Anna Nemeckay
Anna@nemeckay.com

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

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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, go to utahdressagesociety.net.