

UDS NEWS



OFFICIAL NEWSLETTER OF THE UTAH DRESSAGE SOCIETY

SEPT 2008 ISSUE

Joanie Bolton Clinic

by Stacey Ade

Part Two: *Getting Yourself Better Organized: Use Your Natural Levers To Your Advantage*

In the first article of this 3 part series we talked about several common dressage “myths”, as Joanie likes to call them. Now we will get into some of the details of biomechanics as Joanie teaches them:

Biomechanics 101: People have levers!

One of the first things Joanie does when she works with new students is to get their basics better organized or to strengthen their core. You are probably thinking that you know what that is - just tighten your lower abdominal muscles and “suck” you belly button in – right? WRONG! Before you can work on your middle or core, you need a good base for the rest of your body to work over. Joanie will more than not, shorten a rider’s stirrups to achieve a proper angle behind their knee so that the lower leg is under them and not somewhere in front like they are water skiing. We have all heard that when you take the horse out from under the rider that it should look like the rider would just land on their feet

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Sage Creek I & II Shows

June 20th, 21st

with Jennifer Layman

The officials and the management at the first Sage Creek shows of ‘08 were nothing short of amazing.

Bobby Keville, the Technical Delegate, who has been a recipient of many awards for her leadership (such as the Equus Award on behalf of the Sonoma Chapter of the California Dressage Society) displayed that leadership and volunteerism over and over again at the Sage Creek I & II shows.

Donna Richardson, “S” judge, is an amazing horsewomen herself who rode on the United States Equestrian Team at the 1999 Pan

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www.utahdressagesociety.net

Am Games in Winnipeg, Canada. Donna and her horse Jazzman were team gold medalists and sixth individually. Donna was very professional, and Sage Creek is excited to announce they will be hosting her in the near future as a clinician.



Annie Sweet and Sinbad’s Frosty Dream

Cont. Pg 2

The current UDS membership year is December 1, 2007 to November 30 2008.

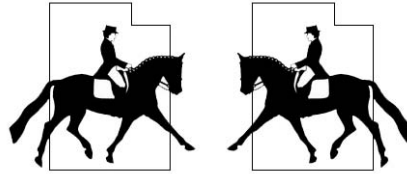
Marlene Schneider, "S" judge, is yet another outstanding equestrian who has competed in the FEI levels, she is a coach and clinician, and was extremely gracious and professional.

Heather Peterson, Sage Creek's long time Show Secretary, has been an organizational giant in the L programs and regional championships. She continues to deliver that organization with an even temperament and a sense of humor. Quote from Donnette Hicks "I wish everyone could experience the ROCK... aka Heather Peterson. We could not do these shows without her".

Sage Creek hosted Young Rider Thomas Walker of California, and Junior Young Riders Ruby Reithel of Mississippi and Morgan Heinrichs of Colorado. It was a treat to host these young riders in the beautiful Utah mountains and watch them through part of their journey.

A special acknowledgement to Annie Sweet for getting an overall high point score of 73.043% on Sinbad's Frosty Dream a little mustang from the Sinbad herd (owned by Jackie Glanville).

We at Sage Creek Equestrian want to express our gratitude to all officials, volunteers, riders, and staff for a very successful show on June 20th and 21st. We are grateful to everyone that sent flowers and cards of thanks. Our staff and volunteers work extremely hard and the warm gratitude received from



**UDS NEWS
SEPTEMBER
2008**

the attendees was overwhelming and much appreciated.

In addition we need to single out our volunteers who without, this event would never be possible. We put out a need for volunteers and were overwhelmed with folks offering a hand. A heart felt thank you to the following.

Pam Strasser
Jolynne Thurber
Barbara Clendenn
Shannon Leifson
Fay Watchorn
Kelcy Sweat
Suzanne Scott
Cassidy Pugmire
Korbi Sweat
Brad Free
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Dressage, what else can you do? Well, how about sing and dance? 2007 UDS

Freestyle Champion, David MacMillan, does just that!

David Macmillan has a rich, versatile, resonant tenor voice with a four octave range. He writes and performs his own songs and has sung for audiences of 4,000 to 5,000 people in Norway, Sweden, Denmark, England, the USA and all over South Africa.

David's vocal talent was discovered very early in his life. From the time he was a small boy he was snatched up to be a featured soloist with the famous Durban Boys Choir in South Africa. He continued as soloist with the choir for most of his growing up years, rehearsing for several hours a day. When his voice changed, he took a brief hiatus from singing to compete around the country in classical piano competitions of which he won many. He also completed his practical and theoretical examinations through the Royal Schools of Music in London, England – all with distinction.

While at university, David continued classical vocal studies with noted opera singer Katherine Brimm (Oregon Opera), and meanwhile developed his dancing talent. In 2001, he competed at the World Ballroom Championships in Blackpool,

England and was a member of the winning World Champion Latin Dance Formation Team. His nickname on the dance team was "Radio Boy"—referring to his uncanny ability to sing any song in any style upon request.

After graduating with honors from Brigham Young University in 2001, he resumed vocal studies with opera coach Lawrence Gee. Soon after, he was heard by a talent scout for the Utah Opera in Salt Lake City, and was repeatedly requested to join the company. Feeling that his interest did not ultimately lie in opera, David switched to pop vocal training with Patti Miner (Female Singer of the Year, 1993). He has also been in training with Dean Kaelin who constantly refers to him as the Celine Dion of male vocalists.

In October 2004 he wowed an audience of over ten thousand people at the Golden Spike Arena in Ogden, Utah singing "Music of the Night" from Phantom of the Opera". Hundreds of people at that performance were asking him for CDs, and the first pressing of the DVD of the performance sold out before the show was over! Fifty thousand copies and counting have since been sold.

In September 2005, he was the featured performer for a fundraiser benefiting the SWANER Nature Conservancy in Park City, Utah. In addition to the hundreds in attendance, several newspaper reporters described his performance as "magical," and "captivating". He is well acquainted with the spotlight, TV cameras, and radio interviews from his international touring as a singer and dancer. David has often been asked to sing for local and international dignitaries.

In New York City in 2006, he sang for David Foster (14 time Grammy award winner) who said, "Not only do you sing perfectly in tune, but you have a very strong, legitimate sound and great look."

David is also fluent in French and has been trained to sing in English, French, Spanish, German, Afrikaans and Dutch; he is married to a world class concert violinist who frequently accompanies him at his performances.

David is a huge talent who believes in working hard. In his relatively short life, he has accomplished much as an entertainer and has a unique ability through his singing talent to share his love for music with the people of the world.

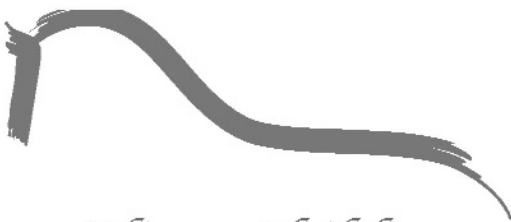




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and not on their bum. But how quick does this “keep your heel under your hip” *thing* go right out the window as soon as we post the trot! When you allow your body to use the natural knee angle and “lever up” with the front of your thigh, your upper body and seat will become more stable. If your stirrup is too long – it will cause you to fight your own body to keep your lower leg back under you and make it harder to use your core muscles. Here is an example of one way we make our beloved sport harder than it needs to be!

You need to be aware of your hip angle (or lever) as well. Riders usually fall or gravitate toward one of two categories: extension pattern or flexion pattern riders. Extension pattern riders have less of an angle behind their knees and in their hips like when you open up your hip angle too much and sit too far back on your seat pockets with a stirrup that is too long. A flexion pattern rider has too much angle (closer to what it looks like when you are in 2 point position) behind their knee with a lower leg too far back and too closed of a hip angle (leaning forward). Somewhere in between is best but there are times during the phases in the horse’s stride that you will gravitate closer to one over the other as the horse moves.

Now for the part that may sound strange: Be aware of your groin area tendons. We spend too much time worrying about how we use our calves and hands when really how we use our groin tendons will make all the difference. We have all heard the term, “ride with your seat”. This is how the top riders

make the sport look so easy as you hardly see them use their legs or hands. To feel you tendons on the horse, get into a two point position then keep the feel of those tendons on the saddle as you sit back down. These tendons need to stay on the horse’s back (one on each side of the horse’s spine). Another key point is to think of internally rotating the bottom part of your thigh inward (internal rotation). This along with a more closed angle behind the knee allows you to use your thigh lever when you half halt or do a downward transition and helps draw the horse’s stifle under them. This is also more comfortable for the horse and invites them to lift their back up to



Marlo ViVenzio riding JP. photo by S. Ade

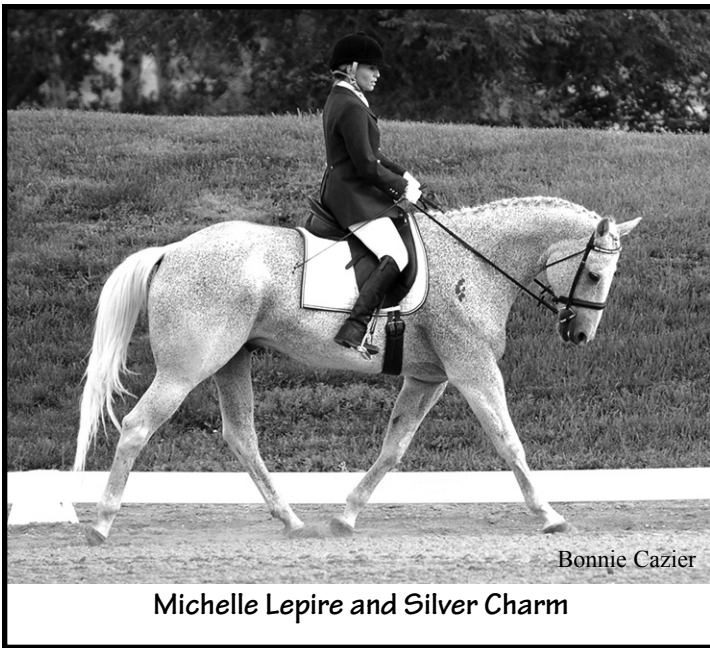
you. You can also influence the horse’s tempo by thinking of your seat bones as wheels sliding in a track either emphasizing the backward slide on the tracks to decrease tempo or the forward slide on the tracks to increase tempo. You also will not need to use much hand or arms and makes the horse much happier!

Once you have this part down (and it usually only takes a few minutes) and you revisit what may seem like your old jumping days, then you will be better able to find that “sweet spot” in the saddle,

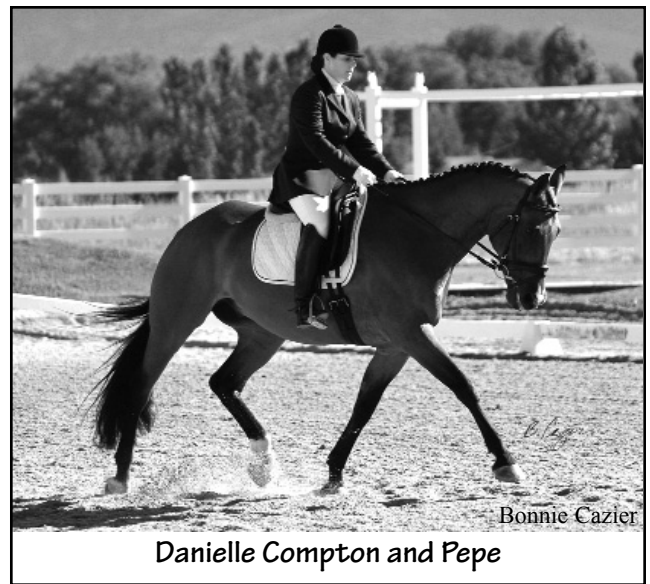
over the horse’s back to sit in. You will immediately know this spot as the horse will lift his back and it will be much more comfortable and you will feel the horse energy flow from front back to front. Most riders block this energy by the way they use their seat in the saddle. You will also be better able to use your core by elongating your abdominal muscles as you shorten your back muscles.

There is also an important angle or lever in your elbow. Many ride with too straight an arm in an attempt to give to the horse or they have too much tension in the muscles of the lower arm and hands. It is best to keep your elbow at your sides with steady hands. When you wish to “resist” on the rein – simply bring up the tone in the muscles in the back of your upper arm – not put more weight in your hands, see saw or twiddle your fingers (another way we do too much at our horse’s detriment). When you want to give to the horse, relax the tone in those same muscles and you should not move your elbows more than about 2 inches forward. Once you get the hang of this feel, your horse will become more steady with his head as he has a comfortable place to “live”. Most problems with the horse’s way of going is caused by the rider’s hands doing too much or being too rough. If you master your tendons and seat bone in the saddle then you will not “need” to use so much hand and arms to influence your horse.

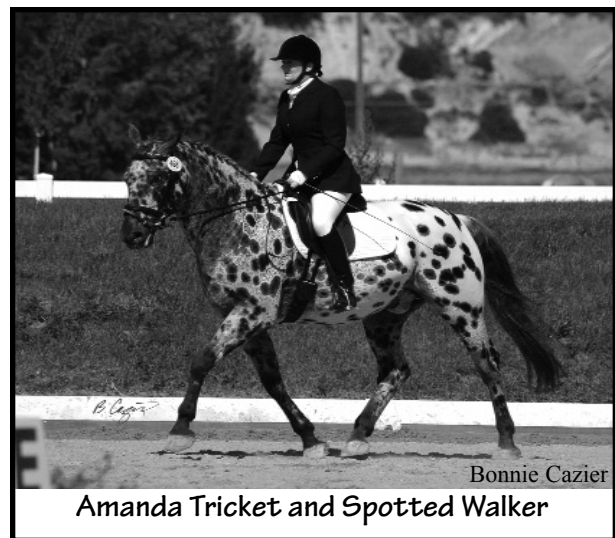
If anyone is interested to hear more in person, you are welcome to audit (there is no charge) – contact Marlo Vivenzio at 801-918-9715 or Stephanie Beamer at 435-513-0930.



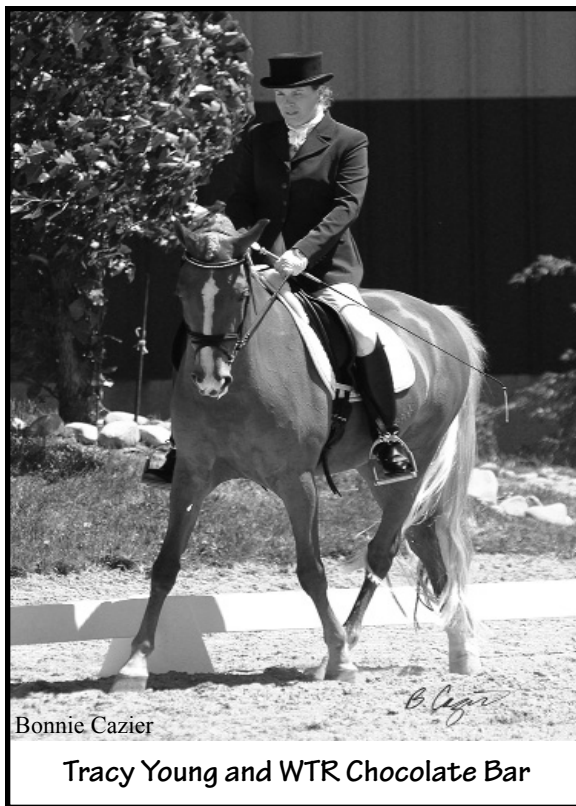
Michelle Lepire and Silver Charm



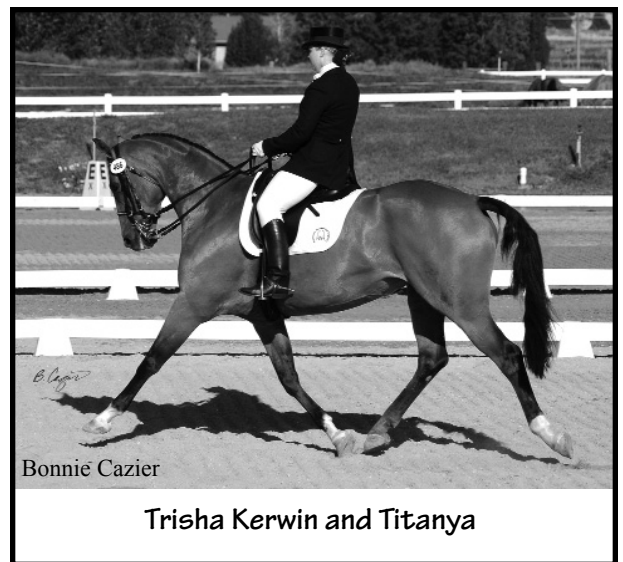
Danielle Compton and Pepe



Amanda Tricket and Spotted Walker



Tracy Young and WTR Chocolate Bar



Trisha Kerwin and Titanya

Planning to compete for 2008 UDS year-end awards? You'll need to register your horse and rider pairs each year. Register horse/rider pairs for this year's show season online now. Remember, the owner and the rider of the horse must both be UDS members at the time the score is earned in order for the score to count towards 2008 UDS Year-end awards. www.utahdressagesociety.net

July show results not available at the time of this publication. Available soon on UDS website .

www.utahdressagesociety.net

September 2008 Region 5 Message

Three gold medals for Region 5 at the NAJYRC at Colorado Horse Park this year! Congratulations to everyone on the FEI Junior and Young rider teams. It was a team effort, from the individuals who declared (we had 13 Juniors and 9 Young Riders trying out this year), to shows that were qualifiers, and to the support of parents and sponsors, and to all the fund raising activities. It all came together at the Championships. Thank you everyone, especially our coordinator, Tammy Fitch, and chef d'Equipe, Ellie Stine-Masek.

“Dressage with Altitude”—our next USDF convention will be in Denver with many educational opportunities along with the meetings of our councils and committees. It will be a good time to meet with other Region 5 dressage

The United States Dressage Federation announced the start of its “Going Green” Campaign. The campaign was developed to manage costs in a tough economy and support worldwide environmental efforts while continuing to provide the best in member benefits and services.

The first major step in the effort was the launch of the USDF Web site last fall which has allowed USDF to provide extensive information and services to its members online, reducing paper usage, shipping costs, and staff processing time.

To further the campaign and involve all members, USDF has instituted the choice for individu-

enthusiasts, as well as those from around the country. Traditionally, the region hosts a Friday afternoon gathering. Last year in balmy Orlando, Florida, Region 3 provided an “ice cream” break. This year a “hot chocolate” break may be a good idea for a social gathering. GMO’s will be contacted with more details and to see how much they can contribute to this regional activity.

The symposium featuring Kyra Kyrklund is not to be missed; she is a fantastic speaker and many-time Olympic rider. We received 83 applications for demonstration riders for the symposium. The August USDF *Connection* has an interview with her that will give you a preview of her training philosophy. Here are a few quotes from the interview: “If you

USDF "Goes Green"

als to opt out of receiving hardcopy membership cards and *USDF Directory* as both of these can be accessed online. Also, by renewing online for the 2009 membership year, members can not only help save paper, postage, and handling, but will also receive a \$15 gift certificate from Dover Saddlery.

As incentive for local group member organizations (GMOs) to become involved in these efforts, GMOs can opt to become a “Green Club.” By opting out of receiving hardcopy membership cards for members of their club and by submitting their rosters electronically, any “Green Club” will receive a USDF Club Point for each member submitted on their roster. USDF

improve yourself and your horse, you are a success.”...“Sometimes you need to be able to say, ‘To hell with theory.’ You need to ride with feel.”... “One can describe theory as having the answer to everything. However, you must dare to make mistakes because that is part of the process of learning.”...“I want to show the whole training scale, especially the rider’s balance and collection through the levels.”

For more information about the convention and symposium, go to www.usdf.org. See you there!

Happy Riding!

Theresa Hunt
Region 5 Director

Club Points can be used for purchasing prizes and gifts through USDF’s Lendon F. Gray Bookstore.

For more information on how you can become involved in USDF’s “Going Green” campaign or to offer suggestions on how to further expand these efforts, visit the USDF Web site or contact the USDF office.

Founded in 1973, the United States Dressage Federation is a nonprofit membership organization dedicated to education, recognition of achievement, and promotion of dressage. For more information about USDF membership or programs, visit www.usdf.org, e-mail usdressage@usdf.org, or call (859) 971-2277.

USDF Executive Board Position on USEF Dressage Performance Standards Proposal

- The USEF Dressage Committee met on July 1-2, 2008 and discussed the USEF Dressage Performance Standards proposal. This discussion included a review of compiled results of the online survey which was developed to gather feedback from USEF and USDF members. These results were recently shared with the USDF Executive Board and show that a majority of the approximately 1250 respondents expressed support for the idea of having competition performance standards for the sport.

In comments received as part of the survey, several important concerns regarding the proposal were expressed, such as program costs, access for riders in parts of the country offering few shows, and recognition of good riding on

modest horses. As a result, the USEF Dressage Committee is exploring new ideas to address these concerns, and will discuss possible changes to the proposal in the coming months with the organizations which will be impacted, including USDF.

Based on the feedback from the survey, the USDF Executive Board believes that a majority of USDF members support, in principle, the concept of competition performance standards. The Executive Board is pleased that the USEF Dressage Committee is listening to and taking seriously USDF member feedback and continues to make improvements to its Dressage Performance Standards proposal that will better serve the sport. In a continuing effort to work together to find common

ground, there will be a special session at the USDF Annual Convention in which the USEF Dressage Committee will discuss a revised version of its proposal with USDF members. This session will be held on Thursday, December 4 in Denver, CO.

Although this is a USEF proposal that will likely result in a USEF rule change, the USDF Executive Board believes that USDF is best equipped to provide the administration services that will be needed if the proposal is implemented. However, if USDF becomes the administrator, the USDF Executive Board does not intend to pass on the cost associated with program administration to its members, and intends to work out an arrangement with USEF to make that possible.

Gerd Heuschmann Symposium with Ellen N. Walker

I was fortunate to be able to attend the Gerd Heuschmann Symposium this spring. Dr. Heuschmann is a German vet and trainer whose practice is near the center of German dressage training at Warendorf, so he sees many high-level competition sport horses. He is an outspoken critic of training methods that use force, particularly those that involve over-flexing the horse (with the horse's chin to its chest). He started with a three hour slide and video presentation to elucidate the biomechanics of horse training, and then we moved to an indoor arena where he commented on how different horses went, and what riders should do to help them improve.

Although Dr. Heuschmann focuses mainly on dressage horses, many of the principles would

apply to horses in any discipline. He did an excellent job of making his ideas clear even to those of us who aren't familiar with all the names of the muscles and bones, and he peppered his presentation with quotes from many of the "old masters" – successful trainers from past decades or centuries – making it clear that his ideas are not new or original. His contribution is to clarify why it is, based on biomechanics, that certain traditional training methods are correct and other methods are harmful to the horse.

If you don't have the opportunity to see Dr. Heuschmann in person, I urge you to read his book (*Tug of War: Classical Vs. Modern Dressage*). Here I am going to try to explain one of his key ideas, but he does it much more completely! **The**

horse's comfort, performance, and, ultimately, soundness depend on the horse's back being able to swing in a relaxed way (not limp or slack, but relaxed with good muscle tone and support). Quote from Dr. Heuschmann: "Riding a horse with a hollowed or braced back increases the wear and tear on its connective and supportive tissue." He sees lame horses in his practice who can be cured simply by correct riding and training.

You are probably familiar with the concept of a horse's back being like a suspension bridge, slung between the supporting pillars of the front and hind legs. You may not be aware that there is one system of ligaments & tendons that stretched from the withers back to the hindquarters, and another system that stretches from

Heuschmann cont. pg 8

the withers forward to the poll area. Since both systems are anchored to the top of the withers, stretching the front (neck) system tends to stretch and lift the back. Also, tendons, muscles, and fascia connect from the topline down into the hind legs, so when the horse steps under himself with the hind legs, that helps raise the back. Conversely, if the back is TOO tight, the hind legs will not be able to step far under.

What makes the back too tight? There are two main possibilities. The first, and most familiar to most of us, is the “upside-down” horse – when a horse travels with his head high and neck short, his back drops. Most such horses have never had a chance to develop the proper muscling to support the back properly, and so

they tense their back to try to support the rider’s weight. This increases concussion for both horse and rider, and tends to shorten the stride. There is widespread agreement in the sport-horse community that only a poor trainer would allow a horse to continue working with a hollow back and neck high and short.

The second possibility (which is where some trainers disagree) is that the horse may be ridden with the neck extremely flexed, so that the horse’s chin is nearly – or actually – touching the chest. This DOES lift the back. However, it is Dr. Heuschmann’s contention that it puts so much tension on the back that the back can no longer swing or function properly, and the hind legs can no longer step well under the horse’s body. He cited the many photos

you can see of upper-level dressage horses performing extended trot with spectacular height and extension of the front legs, but with the back legs barely keeping up with the hindquarters. Dr. Heuschmann pointed out that a true trot is supposed to be a diagonal gait, and the right hind should be moving with the left fore (and vice versa). In a correct extended trot, the cannon bone of the hind leg should be parallel to the forearm of its diagonal foreleg. Want to see that in a picture? Look at the photo of HS Wistar in extended trot on the website, www.hungarianhorses.org.

(See also Dr. Heuschmann’s website: www.gerdheuschmann.com)



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Left at the Sage Creek III & IV show, woman's black show coat. Call Jenn Layman and describe and we will return.
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Newsletter Ads will also run on the UDS website for no additional charge.

Don't Forget!

UDS Members receive 100 free words per year per member in classifieds.

Tisha's Word of the Month

megalomania noun 1. mental disorder producing delusions of grandeur. 2. passion for grandiose schemes. megalomaniac adj. & noun

Free Money!!!!
Apply for A UDS Scholarship.
Applications must be post-marked by October 15, 2007. Download application from the website.
www.utahdressagesociety.net

Karl Niedersuss Olympik Saddle (the next model up from the Symphony). It is black, wide tree, 45 cm (17.5 in). Stored inside at all times with a cover (included). Excellent condition. It has just been reflocked. The cost new for this saddle is around \$2500. Asking \$1300. Terrece Pearman phone (801) 363-9639; e-mail: pearman_a@msn.com

"Allow yourself to grasp the happiness you are reaching for."

Rebecca Lerwill~

An ol' Farmer's Advice

The biggest trouble-maker you'll probably ever have to deal with, watches you from the mirror every mornin'.



As UDS Newsletter Editor, I welcome photos, articles and information which may be of interest to the UDS membership as well as classified and display ads.

Information for the UDS Newsletter can only be accepted electronically.

Text for classifieds may be e-mailed or mailed to me on a CD. Ads are best sent as a PDF file. Text for articles are best sent as a Word document as an attached file but can also be sent in text of an e-mail message. Please send any photos as JPEG or PDF.

Many thanks for your support of this publication!

Faye Anderson, UDS Newsletter Editor
brockleface@aol.com

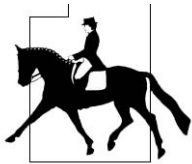
UDS Elections

2009 officers needed!

-The UDS will need a Director of Communications and a Director of Competitions beginning January 2009. Sue Jero current VP and Barb Progress current Treasurer are both willing to run for their positions. If you are willing to serve on the UDS Board beginning January 2009, please contact UDS president, Stacey Ade prior to September 17th.

The Utah Dressage Society (UDS) is a nonprofit, tax exempt regional organization founded to improve communication and promote knowledge of dressage among horse enthusiasts in Utah. UDS is a Group Member Organization (GMO) of the United States Dressage Federation (USDF). UDS members automatically become group members of USDF. Group Member Benefits include:

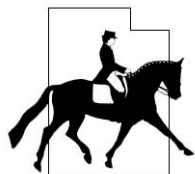
- Subscription to *USDF Connection*
- Yearbook Issue of *USDF Connection*
- A USDF GMO card and eligibility to compete at USDF recognized shows
- Eligibility for Rider Award programs
- Eligibility for USDF University credits
- Discount rates for USDF events



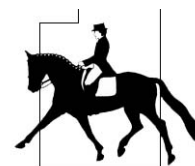
UDS Calendar

UDS NEWS
 SEPTEMBER
 2008

September 5-7	Bill Woods Clinic location TBA	Contact Ellen Walker emnwalker@yahoo.com (435) 462-3330
September 6	Grand Valley Dressage Fall Show Grand Junction, CO	See omnibus or utahdressagesociety.net for prizelist
September 7	Western Slope Championship Grand Junction, CO	See omnibus or utahdressagesociety.net for prizelist
September 13,14	C & M Farm Cool-down Dressage Show Pocatello, Idaho	See omnibus or utahdressagesociety.net for prizelist
September 20	Hoofprints Dressage Schooling Show Sweetwater Farm, Charleston Utah	nance@xmission.com or utahdressagesociety.net
September 28	Pegasus Event Center Schooling Show 291 N. Race, Grantsville, UT	Carol Buhler 435-830-7365 buhler_c@msn.com or utahdressagesociety.net
October 11-12	Millbrook Farm Autumn Dressage Show Saratoga Springs, UT	See omnibus or utahdressagesociety.net for prizelist
October 18-19	Grand Valley Dressage Schooling Show Grand Junction, CO	See omnibus or utahdressagesociety.net for prizelist
October 18	Pegasus Event Center Schooling Show 291 N. Race, Grantsville, UT	Carol Buhler 435-830-7365 buhler_c@msn.com or utahdressagesociety.net
October 31- November 2	GAIG/USDF Championships Region 5 and Open Show Scottsdale, AZ	usdf.org
November 15, December 20	Pegasus Event Center Schooling Show 291 N. Race, Grantsville, UT	Carol Buhler 435-830-7365 buhler_c@msn.com or utahdressagesociety.net
December 3-7	USDF National Convention Denver, Colorado	usdf.org
Feb. 12. 13. 14 2009	Gerd Heuschmann Clinic	Contact Tisha Green at 801-541-9017 gioveto@hotmail.com or Adrianna 435-655- 1272 silvestri@promontoryclub.com



**Please check the website frequently for
 the most current information, updates,
 and corrections at;
 utahdressagesociety.net**



UDS NEWSLETTER

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UDS NEWS

THE OFFICIAL NEWSLETTER
OF THE
UTAH DRESSAGE SOCIETY



UTAH DRESSAGE SOCIETY

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UDS NEWS is a publication of the Utah Dressage Society and is sent to all UDS members. Articles and photos are welcomed. All material is subject to editing. The deadline for submission is the 1st of the month prior to publication. Send items for publication to: Faye Anderson Email: brockleface@aol.com

Membership Application

Yearly dues: \$47 for adults
\$37 for juniors

Return this form and your check payable to:

Utah Dressage Society

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Draper, Utah 84020-0562

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Juniors-we
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