



COLLECTIVE REMARKS

VOLUME 2 ISSUE 1 - JANUARY 2012

COLLECTIVE REMARKS - WWW.ESDCTA.ORG

PAGE 1

UPCOMING EVENTS:

ESDCTA's Pilates Workshop:
January 22, 2012

Awards Banquet:
February 19, 2012

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CONVENTION!

UNITED STATES DRESSAGE FEDERATION Convention Notes - An Exciting Time to Ride Dressage

By Susan Lax and Debbie DelGiorno

What's going on in the world of Dressage? Great things!

The USDF convention was up close and personal in terms of issues and discussions - we merely catch a glimpse of it on the web site or through *Connections* magazine. Hearing what the committees discuss and how they make their recommendations from the horses' mouths, so to speak, sharpened what the USDF affiliation and benefits mean to our organizations.

ESDCTA President Susan Lax and Vice President Debbie DelGiorno attended the convention, representing ESDCTA as delegates. Debbie also is a USDF Participating Member Delegate. To be effective with time and the membership's dollars, they split up when possible to be able to attend more of the sessions and bring back more information to the ESDCTA Board of Directors, and ultimately, the membership.



ESDCTA Vice President Debbie DelGiorno and President Susan Lax at BOG Assembly



ESDCTA members and USDF Awardees Wendy Garfinkle, Merilynn Griffith, and Rebecca Kuc.

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UNITED STATES EVENTING ASSOCIATION

USEA Convention 2011 - Fun and Learning in Nashville, Tennessee

By Dr. Carey Williams

This year's United States Eventing Association (USEA) Annual Convention was hosted by Area III in Nashville, TN. However, the meeting was so packed with information it was hard to get spare time to enjoy the talent that floods the city. For me it started Friday morning with a seminar on Equestrian Sports Psychology by Daniel Stewart, equestrian trainer and author of many psychology related books. This seminar was very valuable for anyone competing, not just those who struggle with confidence issues. Here we learned some key tips to help us have fun and think positively during our competitions. Daniel talked about the value of using songs and playlists to help you while riding, "I Feel Good" by James Brown was one particularly popular one. Choosing "C" words can help a rider be Confident, Calm and Collected (among many others) when times get tough.

Continued on page 6

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Become a Friend to ESDCTA on Facebook!

PRESIDENT'S MESSAGE

Happy New Year!

Like you, I'm sure, I have many wishes for the New Year:

1. Of course, health for all, human, furry, and feathered.
2. No Snow; okay, just not as much as last year and no freak storms like we had in October
3. No hurricanes – Irene was enough, thank you
4. Moving up a level: even if you aren't showing, reach a goal!
5. A better economy for all; need I say more?

I also have some resolutions for the New Year:

1. A new and exciting ESDCTA web site; this must happen, everyone's committed to it, and we know our members want an exciting, informative site
2. An even better newsletter: concentrating on photo quality because a picture is worth a thousand words, as they say
3. More volunteers: we know you are out there. Don't be afraid to commit. There are so many ways to help out
4. More education programs that you'll not want to miss. Send me what you think is a good topic!
5. More involvement from our ESDCTA trainers. Let's get to know each other!

A special thank you for our Board of Trustee members who have left the board: Cindy Anderson, Lisa Tannehill, Holly Payne, Tara Bowles, and Debra Tomajko. Thank you for all of your commitment and service to help make this club one of the best! We hope you stay involved.

A wonderful, healthy and happy New Year to you, your family, and all of the horses that inspire us every day to be better equestrians.

*"Cheers to a new year
and another chance to
get it right."*

Oprah Winfrey



Susan and Chevy

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Clinic with Marcel Timmermans, Saturday February 4th, Sunday February 5th
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Sergeantsville, New Jersey
ashoward@hotmail.com
www.AmyHowardDressage.com

ESDCTA Statement of Purpose

Eastern States Dressage and Combined Training Association (ESDCTA) was founded in June 1969 and incorporated in 1970 as a nonprofit educational organization under the laws of the State of New Jersey. ESDCTA with membership open to all interested in dressage and combined training, has the following stated purpose: *"Whereas it is the desire among many equestrians in the United States to foster and stimulate interest in dressage and eventing in the hope that this may ultimately benefit the United States Olympic Team in its international competition, this organization is established as a nonprofit educational organization."* Its further purposes are to foster and stimulate interest in dressage and eventing in general, to educate, conduct clinics and hold dressage shows and combined training events.

ESDCTA Accepts Newsletter Award at USDF Convention

USDF President George Williams presents ESDCTA President and Newsletter Committee Member Susan Lax with the GMO Newsletter Award for Best Original Article written by Christina Wilson, DVM. The article appeared in the May issue of ESDCTA's Collective Remarks.



CROSS COUNTRY...

New Across our Region

COMMUNITY NEWS

Check out the ESDCTA website for horse show updates, information about clinics, educational opportunities, and news about your Club, dressage, and eventing.

WHAT'S YOUR TALENT??

Let us know what you would like to help us with in 2012.

All skills and interests wanted.

Have an idea? We want to hear about it.

Remember, this club is what YOU make it.

Contact Susan Lax: chivalryhillfarm@aol.com

UPCOMING MEETINGS

Jan. 11 — Board of Trustees, 7:15 pm
The Metro Diner, Rt. 31/202 N, Ringoes, NJ.
Contact: Susan Lax, 609-466-4178

TBA — Eventing Committee Meeting. Contact Gary Maholic at gmaholic@gmail.com for more information.

MEMBERSHIP QUESTIONS

For membership questions including updating physical or e-mail addresses please contact:

Diane Engler
PO Box 185
Pipersville, PA 18947
kaboomer@epix.net
610-730-0371 before 9 pm

NEWSLETTER COMMITTEE

Meredith Rogers, Diane Engler, Megan Zureck & Susan Lax

E-mail: newsletter@esdcta.org

All submissions are due by the 10th of the month

Due to space considerations, the editors reserve the right to edit submitted articles. If possible, the articles will be returned for review of the editing.

COMMUNITY CALENDAR

- Jan. 22** **ESDCTA Pilates Workshop,**
see www.esdcta.org for registration form
- Jan. 27, 28, 29** **Cavalletti and Gymnastics Clinic,**
Applewood Farm –Ann@annforer.com
- Feb. 4 & 5** **Marcel Timmermans Clinic**
Amy Howard Dressage, 908.310.9384
- Feb. 19** **ESDCTA Awards Luncheon,**
See Page 7 for registration

ESDCTA welcomes proposals
from vendors for goods and services.
Please contact the appropriate committee.

Send your Cross Country Information to
newsletter@esdcta.org

2011 ADVERTISING RATES

	MEMBERS	NON-MEMBER
FULL PAGE	\$100	\$130
HALF PAGE	\$65	\$85
QUARTER PAGE	\$40	\$60
BUSINESS CARD	\$20	\$30
CARD FOR 3 MONTHS	\$45	\$65
CLASSIFIEDS	\$10	\$15

(per 35 words)

Deadline: 15th of Prior Month

Email: newsletter@esdcta.org

Please have electronic ads in Adobe or .jpg format

You will receive and invoice for ad via email.

USDF Convention continued from page 1

A very important part of the meeting, particularly for GMO officers and committee chairs was the roundtable discussions offered during one workshop. The discussions provided an avenue for GMOs to share their successes regarding everything from education to membership. A grant writing round table discussion provided a complete rundown of opportunities from the Dressage Foundation and what is expected when a GMO decides to apply for a grant. The Foundation has funds for programs that could benefit ESDCTA, and we will be applying for some of these grants in 2012. Keep your finger crossed!

Both officers attended the Region 1 meetings. A survey of the region will be conducted to determine the feasibility of implementing an on-line Region 1 Omnibus for 2012 in lieu of the hard copy. The Potomac Valley Dressage Association (PVDA) has offered to host the 2012 Adult Team Competition, which will be July 7-8 at Prince George's Equestrian Center, and will be held in conjunction with its licensed show. Lastly, Anne Moss has offered to be the Region 1 Chef d'Equipe for the 2012 NAEJYRC. Anne mentioned that she will be focusing her efforts this year to obtain sponsorship for new team equipment.

At the Youth Programs Committee the Dressage Seat Equitation (DSE) Program was discussed, including ways to increase participation. Attendees voiced their concern with class scheduling. People would like to see it scheduled during lunchtime rather than as the last class of the day/show. The length of the classes was thought to be too long, with 20 minutes as the maximal length of time suggested. It was brought up that many judges lack the knowledge to conduct a DSE class, and many judges do not want to judge this class, or are not comfortable with judging the class. In addition, establishing guidelines for borrowed horses to level the playing field at the Medal Finals was discussed. It is also important to know that a new FEI rule becomes effective in 2013: anyone under the age of 18, and/or riding a horse under the age of 7, competing in an FEI licensed competition (CDI) must wear a helmet when mounted.

"Getting the Uninvolved Involved" Roundtable discussion shared ideas about encouraging members to volunteer throughout the organization. The ideas ranged from a new volunteer medal program to saying thank you in a multitude of creative ways. Look for some new ways to inspire your volunteerism in 2012.

During the Competition Open Forum, concerns over the many different ways competitions are managing the helmet rule were discussed. The consensus was that there needs to be a standardized method. The use of half points began on December 1, 2011. It was stressed that judges should say "six point zero" for a score of 6, and scribes must record "6.0" on the test sheets. Scoring must turn back all tests that do not have the ".0" for full numbered scores. Competition managers noted that the change to half points nearly doubles the time it takes to score a test, so please be patient during next year's show season.

The USEF Proposed Rule Change Forum presented quite a few changes that will be up for vote at the January USEF Convention. They include a rewrite of GR1306, the amateur status rule to make it clearer. Whip length may now not exceed 100 cm in FEI Pony Classes. Bit rules are being revised to make them easier to understand and so there are fewer differences between FEI rules, national rules for FEI level classes, and national rules for classes below FEI levels.

Probably the most useful tool unveiled at the convention was USDF's GMO manual, which will provide Presidents everything they need to know about the larger organization, from services to forms. The manual will be available on a flash drive that allows for future updates. The manual is perfect for introducing new GMO presidents to the ins and outs of administrative tasks required by the position, as well as different programs and services that would benefit the GMO. It will provide a smooth transition from President to President-elect.

The Board of Governors Assemblies focused on a variety of topics, including the 2012 budget, but the hot topic was the creation of a Dressage National Championship. The USDF Board listened to many comments in response to this proposal before the final vote was taken and the proposal passed. While some believe that the undertaking might create fiscal and logistical issues, others supported the proposal with two main concerns: adding youth competitions to the list and postponing the start date of the competition until 2014 to give time for regional championship to make sure that they can get the appropriate dates for qualifying shows. Debbie spearheaded an effort for youth to participate while Susan supported the suggestion to move the inaugural competition to 2014. While neither was included in the final motion, the board assured the attendees that youth will eventually be included. They also said they did not believe the 2013 start date will hurt the regional competitions or the rest of GMOs' show schedules.

ESDCTA members were on hand to receive their national awards. This was indeed a highlight of the convention, as well as ESDCTA's acceptance of the GMO Newsletter Award for Best Original Article to Christina Wilson, DVM, and ESDCTA's *Collective Remarks*.

USEA continued from page 1

Incorporating “stress stoppers” and “precompetition rituals” into a routine will give the rider something positive to think about. He also discussed using “memory motivation” and performing “riding rehearsals” to increase a rider’s chance of having a good ride. In the end, he mentioned that even if you use all of these tools, things can go wrong. So remember to LAUGH about it, LEARN from it, and continue to LOVE the sport.

After learning about sports psychology, it was off to an open forum on rule changes. There was not a whole lot of noteworthy rule changing in the sport of eventing; however, there are a few changes that riders should be aware of. The five-second penalty for riders who cross the start line before the 10-second count down is completed has been removed. Starters will just record their start time when they cross over the line. Authorized assistance will now include handing back a whip; in the old rule it was only headgear and spectacles (yes, that shows how old that rule really is). Show jump obstacles must now have a timber core which will prevent the use of hollow PVC rails used as the top rail on fences. Show organizers will have the option to split the Intermediate or Advanced divisions if the rider list is over 40 people. This was a rule brought up by the Professional Riders Organization (PRO) because professional riders would rather have the divisions left as one instead of being divided to give a true representation of a rider’s ability compared to his/her peers. Finally, the most controversial rule change involves the “One Fall and Out” rule when falls are related to the XC fence; they are changing this to allow Training level and below to remount in a given amount of time if the horse has not left control of the rider (ie, galloped all the way back to the trailer). The number of associated penalties was proposed at 65; however there is some discussion on this before it goes into print.

Another seminar I attended was “Training Solutions from Top Event Riders”. The panel included Karen O’Connor, Boyd Martin, Phillip Dutton, Leslie Law, Clayton Fredericks, and Buck Davidson. They opened the session with questions from the floor and took turns answering. Questions covered a range of topics from equipment, training young horses, getting rid of bad habits, and conditioning techniques for upper level competitions. “The Latest in Eventing Safety” was another great session that presented the recent research on helmets and body protectors, including the new air vests. It was very interesting to hear about the techniques used to test these products and how they have to design them to make them safe for equestrians versus other sports like football, biking, and motor cross. The speaker, David Halstead, from the University of Tennessee, mentioned that football players are great subjects to study because they intentionally go around hitting their heads. This whole safety session was worthwhile because it allowed me to at least try out one of the Point Two air vests. Their latest product is a body protector and combination air vest. After demonstrating the vest for the first time and getting the initial shock of the CO2 cartridge pop and the subsequent blowing up of the vest, the company asked me if I would be in a safety video for the Riders4Helmets helmet and riding safety campaign. So I have my 60 seconds of fame on their website: www.riders4helmets.com, check it out to see their newest products. I think I know what I am asking Santa for this year!

The final business meeting and luncheon was a real treat, we got to listen to Australian four-star eventer, Clayton Fredericks, as the keynote speaker! Fredericks is based in England with his wife Lucinda, and they run Team Fredericks. He took us through his progression into stardom with his wife, and also gave us some tidbits we didn’t know...like that he is the lead singer of a rock band called Snatch! We even got to listen to one of his hits. Overall the convention was a great learning experience and hopefully I was able to bring back some good information for you and for the ESDCTA’s Eventing Committee from the Eventing Affiliates portion of the meeting. Next year it is off to Colorado Springs!

ESDCTA AWARDS LUNCHEON SILENT AUCTION NEEDS DONATIONS!

The silent auction us a fun part of ESDCTA’s annual awards luncheon, February 19th.

Donations to the silent auction fund ESDCTA education grants for our members and adult and youth teams.

Please continue to support this worthwhile effort in 2012!

All donations are appreciated:

TACK-RIDING CLOTHES-BOOTS-
SADDLES-CLINIC-EVENT OR SHOW
ENTRIES-LESSONS-SERVICES-
PAINTINGS & ARTWORKBASKETS

*ANY OTHER ITEMS OF INTEREST
TO MEMBERS*

Please contact:

Debra Tomajko
Silent Auction Co-chair
908-392-1774
dtomajko@aol.com

If items need cleaning, please contact Debra ASAP!



We cordially invite you to
ESDCTA's Annual Awards Luncheon
 Celebrating our Year-End Award Winners' Accomplishments
 for our 2011 Competition Year
Sunday, February 19, 2012
 at Copper Hill Country Club • Ringoes, NJ
 From 1 to 4 pm



Our Annual Awards Banquet will be held again this year in February as we did the past few years. Moving this celebration from an evening dinner to an afternoon Luncheon is to keep the affair affordable. A February date allows everyone more time to recover from the hustle/bustle of the holidays. This event is when ESDCTA Year-End Awards, ribbons, special awards and medals are presented to our well deserving winners – both juniors and seniors – for both dressage and eventing.

Please set aside Sunday, February 19, 2012, on your calendars and plan to join the celebration of all of our members' accomplishments at this annual festive affair. We will have a delicious buffet this year and a wonderful afternoon is being planned by the committee. Please help us by donating items/services for our silent auction. Our Annual Awards Banquet Committee and the Grant Committee with the help of our recent grant recipients will also present a fabulous silent auction and have many desirable items available for our raffles.

This year's Luncheon will be held at the Copperhill Country Club. The afternoon will begin at 1 pm so there will be time to view the Silent Auction Items, meet and greet friends and fellow award winners.

Tickets will be limited to the first 175 who reserve a spot. Tables can be set aside for groups who wish to sit together, just so note on the form below. There will also be a cash bar available for those attending.

Please make your reservations by February 13th. Fill out the reservation form below (or copy it as needed) and send your completed reservation and check (made payable to ESDCTA) to:

Lynette McMoran
 1210 Hemlock Ave.
 Sea Girt, NJ 08750
 732.449.5322
 email: lynettemcmoran@hotmail.com

Copper Hill Country Club

100 Copper Hill Rd • Ringoes, NJ • (908) 782-4279

DIRECTIONS FROM FLEMINGTON CIRCLE:

South on Route 202/31 South. About 3.5 miles from the circle, you will pass Stewart's Root Beer on the right hand side. Copper Hill Road is the second right past Stewart's. Before the traffic light, you will see a sign "Copper Hill Road Keep Right". Veer off onto the jug handle, turn right at the yield sign and follow down the hill. You will see the Clubhouse on your right hand side. To get to the parking lot, go half way around the circle and turn right at the stop sign.

From South Jersey: - Routes 295, 195, or 95 to Route 31 North. Stay on 31 North until it joins with 202 North. Exit onto 202/31 North. Follow approximately 3 miles to light at Copper Hill Road. Take jug-handle on right. Cross 202/31 North onto Copper Hill Road. Follow road up to Clubhouse at top of hill on right.

From North Jersey: - Route 80 East or West to Route 287 South to the Somerville Circle. Follow signs for Route 202 South to Flemington. At the Flemington 202/31 Circle continue halfway around onto Route 202 South. Proceed approximately 3 miles through the traffic light at Stewart's Root Beer. Turn right just before the next light onto Copper-Hill Road. Follow road up to Clubhouse at top of hill on right.



RESERVATION FORM

Please return your reservation by February 13, 2012.

No of Adults **Buffet @ \$30/adult** **Total Cost**
 _____ Buffet, beverage, salad bar and dessert \$ _____

No. of Children **Children's Price @ \$25/child** **\$** _____
 _____ Buffet, beverage, salad bar and dessert

Name(s): _____

Address: _____

Phone # _____ email: _____

Special Seating Requests _____

THE START BOX

Eventing News

2011 Turkey Trot is a Rousing Success

By Gary Maholic

This year's Turkey Trot sported one of the best turnouts ever, along with some fabulous weather! We had a new course designer team for the riders, Debra Moscatiello and Carol Matthews. Riders spoke very highly of this year's courses. Back by popular demand, we offered both a short and a long course. We had many different divisions, from Junior and Senior, to Open and Family. We even had one team that tried to enter as a family, even though they were not related! When they were told that they couldn't do that, they responded with the comment "We get along much better than we do with our families!" The results for this year can be found on ESDCTA's website. All in all, everyone had a great time, and we look forward to seeing everyone next year!

Congratulations to Our 2011 Year End Award Winners!

By Melissa Pribic

It's time to enjoy the results of all that hard work throughout the year. For this competition season we had over 232 submissions for ESDCTA awards. This included Dressage Medals, 60% Achievement Ribbons, and High Score Awards in: Horse Trials, Combined Training, Pas De Deux, Quadrille, Musical Freestyles, and Dressage Starter Walk-Trot through Grand Prix! I'm very happy to report that we had entries in every category this year, with some awards making quite the comeback. However, we still have some awards that could use a little attention... ESDCTA General Awards! At the time of this newsletter deadline, nominees for these awards were just submitted and needed to be voted on by our board at the December board meeting. These results along with all of the other awards will be published in the February newsletter. In the meantime you may find the 2011 Year End Results on our website at www.esdcta.org. Congratulations again to all of our award recipients and hope to see you all at our Awards Luncheon!

2012 ESDCTA Edgar Hotz Memorial Dressage and Eventing Judges Roundtable

On Sunday, January 8, 2012, we will once again be holding the Edgar Hotz Memorial Judges Roundtable at the home of Amelia and Larry Ross, just outside of Oldwick, NJ. Marilyn Payne will be leading the discussion along with several other "S" judges. Marilyn finds time every year for our local judges even though her busy schedule has recently included judging at the Hong Kong Olympics, as well as the WEG in Kentucky!

All USEF licensed dressage and eventing judges, USDF "L" graduates and "L" candidates are invited, as well as anyone currently enrolled in a USEA training program. The program begins at 10:30 am and the discussion will include both the dressage and eventing tests, focusing on the new rider's scores. All attendees are encouraged to bring questions and comments related to judging and as many videos of interest they think would benefit the group.

ESDCTA offers this program free of charge. Participants are asked to bring a dish to share for a "pot-luck" lunch that is always the highlight of the day! We will once again be offering USDF University credit for all of those attending, so please have \$5 and your USDF # available if you want to receive credit.

There is no snow date scheduled, so in case of inclement weather be ready to contact the organizer to verify cancellation. For questions, suggestions, and directions please contact Jacquelyn Stapel at jastapel14@embarqmail.com.

Spread the word as we are always eager to include new judges and judges-in-training, as well as update our contact list.

FOALIN' AROUND

Youth News, Activities, and Opportunities Educational Opportunities for Youth

January 22, 2012: Pilates for Riders Youth Workshop, Millstone Pilates.
Information found at *ESDCTA.org*

January 21 and 22, 2012: Lendon's Weekend Educational Program.
Information found at *Dressage4kids.com*

March 25, 2012: Fix-a-test, Rhythm and Blues Stables, Allentown, NJ, with Patti Thompson.
Contact: *RBLStables@aol.com*

April 7, 2012: Fix-a-test, Beaver Creek Equestrian Center, Ringoes, NJ, with Ann Forer.
Contact: *CRoesener@hotmail.com*

May 5, 2012: Fix-a-test, Hidden Creek Equestrian Center, Kunkletown, PA, with Kelly Smaltz.
Contact: *Esea@pdt.net*



Broadway Babes – Fourth Place Team. Ashley Coleman & Against All Odds, Danielle David & Duncan, Stephanie Kurtz & Zip

REGION 1

ESDCTA YOUTH TEAM



Drama Queens – Fourth Place Team. Grace Schierwagen & Duncan, Becky Kuc & Rufus, Danielle Marino & My Last Good Fortune



Grace Schierwagen and Duncan – "Most Exciting Moment"

CENTERLINE

Dressage News

Insights from the Linda Zang Education Seminar: Mastering Straightness and Bending

By Molly Moon

"The highest goal ... isn't simply to win, it's to become the best at something that's really difficult; it's to reach beyond your level of ability and come out on top." James Watson (Nobel Prize for the discovery of the structure of DNA)

I would go to a seminar to hear Linda Zang explain how to do just about anything – even how to muck a stall or pick out a hoof – because I consider her to be a role model for her professional expertise, as well as her communication skills. Yes, she has been formally recognized for her expertise in judging dressage by the USDF, FEI, and organizing committees of the Olympics, World Cup, and World Equestrian Games. And yes, she is a confident, articulate, effective leader and career woman, but no, there is no arrogance about yesterday's accomplishments, only a focus on today and tomorrow.

On December 3, 2011, Linda helped to improve the training of dressage and event horses and riders from ESDCTA. It was a master class for dressage training and a lesson in communicating with and teaching adult students.

Straightness was one of the major themes of Linda's seminar. A horse must be straight – its shoulders moving in front of its quarters – in order to move forward with correct contact, activity,

expression, and, when appropriate, collect and extend. A rider must be straight – position their shoulders above their hips – in order to control their aids and the distribution of their weight, straighten their horse, and train it to move with straightness. Linda worked on improving straightness in a variety of horses and riders.

She told the audience that many horses are crooked. They may avoid contact or resist by "falling" onto their outside shoulder, tilting their head, or stiffening in their poll or in front of their withers. Linda's general approach was to first ride the horse forward with energy to bring the horse "up," and second, to relax the horse's stiff or braced muscles. Relaxing the poll is very important because it teaches a horse to work from the rider's inside leg to their outside rein. It also helps a horse learn to straighten itself and freely use its back, shoulders, and quarters. Some quick tips:

- Remember that "inside" is the side to which the horse is bent around the rider's inside leg, regardless of whether the horse is going clockwise or counterclockwise around the ring.
- Use your "inside" aids to supple and relax the horse. Use your "outside" aids to hold the horse "straight" and (when appropriate) to collect your horse.
- To bend or flex a horse, use your "opening inside rein" by keeping your inside hand low and moving it away from the horse's neck, similar to opening a door. Don't pull the reins. Sit "over" your inside leg and keep your thighs and knees "open" (don't squeeze). Sit back and keep a gap open between your upper body and your hands to allow the horse's back to swing as he moves forward with more power. It also helps develop the medium and extended gaits.
- Ride the horse with your "core" as much as possible. When bending your horse or riding a half-halt, sit up and lift your inside shoulder and rib cage while keeping your inside hip forward, shift your weight on your inside seat bone, and step down through your inside knee into your inside stirrup. At the same time, keep your outside shoulder back and over your outside hip, and your outside hand low and steady.
- Flex and bend a horse to "unlock" resistance. Drive forward to bring the horse "up" and increase power of forward movement. If the horse stiffens, flex and bend to relax. If the horse "falls" through one rein onto their shoulder, one approach is to tap the horse on the shoulder with a whip. Another approach is to ride a smaller circle or a turn on the forehand, and use the inside leg to drive the horse forward and into contact with the reins.
- In general, start to do bending and suppling work while riding on a 20-meter circle. As the horse advances in training, do this work on smaller circles, on lines, and before asking for lateral movements.



Kem Barbosa and Linda Zang



Stay fit, get fit
over the Winter!

Location:
Millstone Pilates
451 State Route 33
Millstone Township, NJ 08535

Pilates for Riders Workshop

With Sharon Spaziani
(certified Pilates Instructor, Owner: Millstone Pilates)

Youth have priority (Under 21 yrs.)

Sunday January 22, 2012

Entries due Jan. 17

Check the ESDCTA Website for specific details

30 minute private session plus an introductory group session

ESDCTA Members:	\$25
Non-members:	\$35

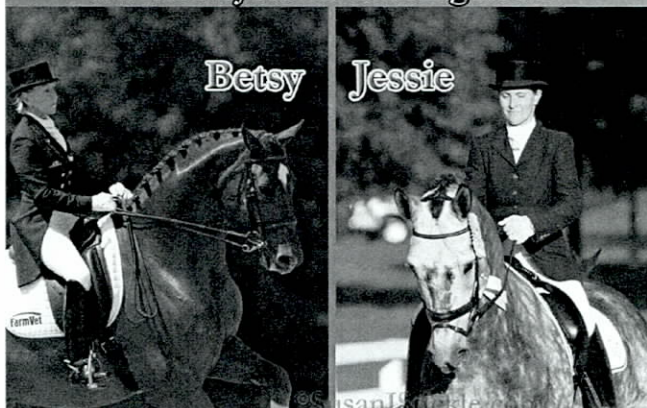
*Mail entry (and check made out to ESDCTA) to:
Heidi Lemack 12 Hill Rd. Allentown, NJ 08501
(Please use ESDCTA Entry form downloadable from Esdcta.org)*

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Entry forms can be downloaded at www.marilynpayne.com, or request one by emailing ann@annforer.com.

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Novice: 2'7" to 2'11"; Training: 2'11" to 3'3"; Preliminary: 3'3" to 3'

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Internationally known in the horse industry to be one of the leading authorities on equine conformation and biomechanics, Dr. Clayton is the author of six published books and the first incumbent of the Mary Anne McPhail Dressage Chair in Equine Sports Medicine at Michigan State University since 1997.

Whether you're a breeder, trainer, or rider make sure not to miss this exciting opportunity to learn from an internationally recognized clinician. Lunch will be provided for everyone who pre-registers before March 1st, so please register early to reserve your spot as space is limited! Cost: \$175/both days or \$95/one day. Contact Holly Fisher for more information and to register - 410-658-9898 x106 or holly@hilltopfarminc.com.

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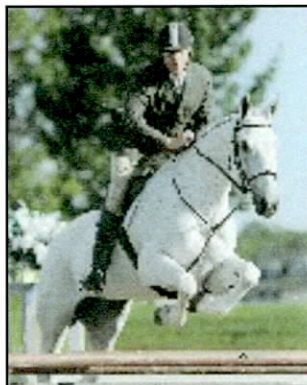


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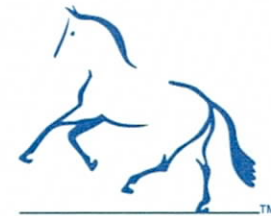
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