

SOUTHERN CALIFORNIA ADULT AMATEUR CLINIC 2011

by Laura Converse

Best. Weekend. Ever.

My description for the weekend of April 8-10, 2011 in Highland, CA, site of the 2011 Southern California Adult Amateur Clinic with Donna Richardson held at Shadow Ridge Equestrian Center. It was looking precarious at first, with rain in the forecast and my nerves building as the day of departure approached, but as luck would have it, the weekend could not have run smoother, with the rain staying out of our way and a horse who handled only her second trip away from home like an old pro.

I was honored to be the San Juan Capistrano Chapter Representative at this year's amateur clinic. This weekend was not only an opportunity for top notch instruction and mingling with fellow CDS members, but a confidence building experience for both myself and my horse, who have spent very little time away from home.

After dodging the rain clouds and miraculously avoiding traffic on our way to Highland from Sycamore Trails, we arrived in the early afternoon at Shadow Ridge Equestrian Center. Described by my friend and groom for the weekend, Kristin, as a place of "Zen for Horses" I quickly found out why as I looked around at rolling green lawns and large barn stalls with 24 foot runs. My 6 year old mare, Denali, was quick to



Southern California Adult Amateur Clinic Participants

settle into her spacious stall and kept her panic at being away from home under control after getting an opportunity to sample some of that ample green grass. We returned back to the barn that evening for Lecture and Pizza dinner at Kathy Pavlich's home (owner of SREC) to meet the other clinic attendees and our instructor for the weekend, Donna Richardson. Donna's lecture focused on Rider Fitness, an often overlooked aspect of success in training your horse. She brought a stability ball and showed everyone several exercises designed to help build core fitness and flexibility, and talked about how building these muscles positively affects your abilities in the saddle, not to mention prolonging your success in the saddle as you age by staying fit. Afterwards, we went around the room introducing ourselves and our horses and what we wanted to work on during the clinic. I found it exciting to hear everyone's stories and history of how



Clinician Donna Richardson

they came to be there with their horses, and left looking forward to seeing the first rides in the morning.

Saturday morning rolled around and the rides began promptly at 9am, with each hour lesson having two riders. Building upon her lecture from the night before, Donna focused on each rider's seat and balance, encouraging riders

ADULT AMATEUR CLINIC CONTINUED...

by Laura Converse

to sit deeper by tilting their pelvis, opening their hips with longer legs and stirrups lengths, and sitting tall with shoulders back without arching the lower back. Often she would ask the riders to utilize their bucking straps by pulling themselves deeper into the saddle to help build an independent seat as you gain strength and retrain your muscles to sit on your horse in balance. It was a pleasure to watch Donna teach, as she is very clear in communicating what she wants to be done, and quick to adapt her technique to what the rider is capable of doing. It was clear she truly wanted to help each and every rider improve and was enjoying the looks of pleasure on each rider's face as they figured things out. Every horse and rider showed improvement by the end of their lesson and everyone could not stop praising Donna's methods, memorable phrases, "No clucking! You're not a chicken!" and effective teaching style.

As for my own riding experience, it could not have been more positive! I was worried about how my horse would handle being in a strange place, as we have only been away from home once before, but she handled herself beautifully. I had spent plenty of time walking her around the arenas and surrounding landscape on Friday, including



Laura with her horse, Denali

the wall of mirrors in the dressage ring (which she was convinced were mirrors into the depths of hell upon first viewing) and it all paid off, as she was up and attentive without being spooky and gave me some of our best rides yet. We worked on engagement during our lessons, schooling lengthenings at the trot and canter on the circle and short diagonals, as well as shoulder-in and leg yields. Donna had me shorten my reins for engagement and reminded me not to rush her into it, keeping the trot rhythmic and cadenced. The extra oomf Denali had from being in a new place made her engage better than she has before, and I enjoyed the trust she put in me to get her through the experience of being in a strange place.

All in all, Adult Amateur Clinic 2011

SAN JUAN CAPISTRANO 2011 SHOW SCHEDULE at Sycamore Trails

March 26 - Spring Show
Judge: C. Glass

May 21&22 - Annual Show
Judges: G Hoff Carmona
F Dearing

June 24 - Summer Series
Judge: M Kessler

July 1-3
Star Spangled Dressage
At Rancho Mission Viejo
Riding Park
Judges: H. Gurney
M. Payne
P. Lacy

July 22 - Summer Series
Judge: L Falvo Doyle

August 12 - Summer Series
Judge: C Hoffman

rocked! Kathy's facility was beautiful, my horse was calm, cool, and collected, our hotel full of special amenities, and our meals fun and lively. I enjoyed getting to know other CDS members, watching some wonderful horse and rider combinations, and the general excitement of getting to be a part of a unique opportunity. Thank you San Juan Capistrano Chapter for sending me, and thank you CDS for hosting such a wonderful educational event for Adult Amateur riders! I hope to see all my fellow clinicians at the Regional Adult Amateur Competition in August!

DOWN CENTERLINE

QUARTERLY NEWSLETTER OF THE CALIFORNIA DRESSAGE SOCIETY SAN JUAN CAPISTRANO CHAPTER

CHAPTER CHECK-IN

Notes from our last chapter meeting held on May 2nd

• **Judges Selected for the 2012 Show Season**

Spring Show in March: David Schmutz

Annual Show in May: Sara Geike and Joan MacCartney

Summer Series June and August: Jan Curtis; July: Peggy Klump

• **2011 Show Sponsorship**

Let's give a big thank you to the following Sponsors who have made donations to fund our 2011 show season and show prizes!

Mary's Tack and Feed

A full service tack and feed store: www.marystack.com

Mark Secor DVM, Inc

A full service ambulatory equine clinic offering advanced diagnostics and treatment to support the equine athlete. 949-661-2225

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Irvine Spectrum and the greater LA area



Trainer Andrea Ullrich presents the "Liliuokalani Fourth Level High Point Memorial" to junior rider Hayley Buckingham for her score of 64.286% on Sunday, May 22nd at the SJC-CDS Annual Show

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Quarterly Column: ON THE BUCKLE

by Horse Husband John Adams

Gentlemen, Start Your Engines

Now that the San Juan Chapter has officially launched a newsletter and is developing a fancy website to increase interest and ridership for dressage, I figured it was just a matter of weeks before my wife, Susan, asked me to write a regular column for the newsletter. Well, it took her less than a day to pounce.

So I asked, "What in the world would I write about?" She replied with as much wily feminine innocence as she could muster, "You know, honey, horse-husband stuff, like, why you enjoy dressage shows and have such a good time at them."

Well, fellas, that's easy. I do it for the Angels. And the Lakers. And especially for Monday Night Football. There you have it. The cat's out of the bag.

You see, guys, the key to a great life is a happy horse. Yep. A happy horse. Because a happy horse means a happy wife. I sure don't need to tell you, a happy wife means a happy marriage. And a happy marriage means privileges. (I'm talking privileges way beyond what you get from the American Express card.)

So, I visit the barn now and then to give Susan's horse some carrots. That makes him happy. I tell my wife. That makes her happy. And I get to watch an NBA play-off game. That makes me happy. Get it? Fifteen minutes with a very nice horse and I get four quarters of basketball. Wait. It gets better.

If I spend a couple of hours on a Saturday, just watching my wife put her horse through its paces, I can have five guys over the following Monday night for beer, pizza and football. How good is that?

Want to play a round of golf with your pals? Just go to a dressage show and clap real loud when your wife starts patting the horse on the neck, which happens like clockwork when the prancing is done. Don't ask me why girls always pat a horse's neck. (I thought you patted athletes, you know, on their posterior.)

I went to a bunch of my wife's dressage shows last summer and guess what? I got to play golf at Pinehurst, North Carolina for five glorious days. Remember men: happy horse, happy wife, happy marriage. Any questions?



Horse Husband, John Adams

Free Quadrille Practice

Want to have some fun on a Friday evening and do something different with your horse?

Try attending a Quadrille Practice hosted for **free** by

Kit Stebbins at Sycamore Stables

Starting this summer on **Every Second Friday of the Month**

(starting July 8th)

meet at **6pm** in the

Large Covered Arena at Sycamore Stables

Quadrille is an opportunity to challenge yourself by working as a team and have some fun while improving your riding precision.

Kit will help form teams to practice different level tests, depending on rider skill level.

Come give it a try!

MY SECOND LEVEL DEBUT

by Echo Casale

At the Dressage Affaire on Sunday, March 13th, I got a 63.333% on Second Level Test 3. I didn't win the Dover Metal, but my goal was to break a 60%. This is mine and my horse's first year in Second Level. This is my story.

A time comes in every dressage rider's life to move up to the next level. After riding First Level at the State Championship in October, my trainer, Jennifer Reynen said "No more First level." I could no longer post to lengthen the trot and sit crooked at the canter. And so the journey begins:

With my trainer I signed up for the Leslie Webb Clinic put on by the San Juan Capistrano Chapter at Sycamore Trails Stables in November 2010. Lesley Webb won Horse of the Year at first level and it was an honor to get some tips from her. The most impressive thing I learned was how important my shoulders are in balancing the horse. She had several exercises to help me at home to adapt to the new movements.

Next stop, I audited the Ride with Jan Curtis Clinic put on by the San Juan Capistrano Chapter at Sycamore Trails Stables. I audited Saturday and Sunday. She called the scores as the riders rode their test of choice. She also gave some valuable insights as to the judging of the new 2011 tests. I also learned you can ride the movements and perform the test.

But that's not what it's all about. It's about how you ride for the improvements of the gaits and carriage of the horse. And the biomechanics of both the horse and rider. My favorite word I walked away with was Expressive. I will make my horse more Expressive. I think of that every time I ride.

This was a great part of my success to help me achieve the goal to jump to second level.

Thanks to the San Juan Capistrano Chapter and my regular trainer Jennifer Reynen.



Echo Casale with her horse, Storm, riding Second Level at the Del Mar Dressage Affaire this past March

SJC UPCOMING EVENTS

Clinic with Jane Weatherwax "1" Judge

June 10 at Coto Valley Equestrian Center

June 11-12 at Sycamore Trails

Rides: \$143 (SJC chapter members)

\$158 (non-chapter member)

Auditing is Free

Clinic is currently full, but please contact Kristin Young to be added to the wait list

Freestyle Clinic with

Cynthia Collins of Luna Tunes Freestyle

July 22: Evening Lecture at Giracci Winery

July 23-24: Riding Clinic at Sycamore Trails

Rider Spots Still Available

Contact Kristin Young for more information

Next SJC-CDS Chapter Meeting

August 1st - 6pm at Sycamore Trails Boarders

Lounge. Refreshments provided, so stay

for social hour!

www.sjc-cds.org

Find current show premiums on our website

Horse Health Feature: EQUINE MASSAGE

by Equine Masseuse Zena Cooper of North Night Sport Horses

What are the Benefits of Equine Massage?

- Increases Range of Motion
- Improves Stamina and Circulation
- Improves the disposition
- Provides comfort to muscle injuries
- Enhances and maintains performance and gait quality
- Reduces the tactile defense
- Accesses physical condition
- Preventative measure- subtle tissue changes are noticed at an earlier stage

Frequently Asked Questions

How long does a session last? Anywhere from one to two hours.

When will I notice an improvement? Sometimes there is an immediate notable improvement and other times it takes a few sessions. Unless there is direct trauma or accident, most soft tissue injuries are accumulative. They didn't happen overnight and can take some time to heal.

My horse is off. Can you look at him without veterinary approval? No. Your veterinarian needs to clear your horse for massage. Sometimes your vet is in the process of testing your horse's response to a drug or therapy and outside influences could alter the findings. Other times it is important to allow the tissue to heal before attempting massage or other modalities. It is always important to have your vet rule out other pathologies and diseases.

How often should my horse be massaged? This all depends on the horse's level of work, conformation, health, the extent of an injury, arena footing, tack fit etc. If the horse has a heavy work load, a massage twice a month may be appropriate. A normal working horse should be worked on at least once a month as a maintenance program, and to access your training program impact as well as head off any developing issues while they are still subtle.

Does my horse have to be clean before he is worked on? No. Just knock off the mud and make sure he/she is dry. Please do not use hair polishes prior to massage.

How often do I have to wait before I can ride my horse? Follow up exercise is a component of sports massage, and every horse is different. Most horses will need a minimum 20 minute hand walk following their massage, and can usually be ridden the next day.



Massage is used along with conventional and alternative health care as well as proper training techniques to enable the horse to perform at an optimum level.

PHOTO CONTEST

Submit your horse's baby photos to see if yours gets featured in our next Newsletter! submit jpegs or tiffs with horse and rider information to: lauraconverse@cox.net



Zena Cooper's Damien



Wine

CDS San Juan Capistrano Chapter
and Giracci Vineyards & Farms Present:

*An Evening Of
Wine Tasting & Musical Freestyles*

Friday, July 22nd

4:00 pm ~ Wine Tasting
(Last Pour 5:00 pm)

5:00 pm ~ Musical Freestyle Performances

6:00 pm ~ CDS Lecture by Cynthia Collins:
Creating A Musical Freestyle

Giracci Vineyards & Farms ~ 16162 Jackson Ranch Road
Silverado, CA 92676 ~ giracci.com

Enjoy award-winning Merlot, Syrah, and Zinfandel followed by musical freestyle demonstrations and an informative lecture on developing winning musical freestyles by Cynthia Collins, USDF Gold Medalist and winner of numerous freestyle championships.

Event Free, Wine Tasting \$20.

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First Level

2 scores from 2 different judges 60% or higher

Second Level

2 scores from 2 different judges 60% or higher

Third Level

2 scores from 2 different judges 60% or higher

Fourth Level

2 scores from 2 different judges 60% or higher

Prix St Georges

2 scores from 2 different judges 60% or higher

Intermediaire 1

2 scores from 2 different judges 60% or higher

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CONTACT: KARLA PALMER

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QUALIFYING: SEPT 6, 2010 - AUG 1, 2011