

## **SAN JUAN CAPISTRANO CHAPTER CDS NEWS**

### **Spring 2009**

Be sure to check out our chapter website for the latest news and show premiums.  
The ride times for the shows will be posted to the chapter website.

[www.sjc-cds.org](http://www.sjc-cds.org)

San Juan Capistrano is co-hosting the RACC this year with the LA Chapter at LAEC.  
On July 4<sup>th</sup> and 5<sup>th</sup>, CDS celebrates the second annual RACC Regional Adult Amateur Competition.

### **Upcoming Shows**

June 19: Summer Series FAB Friday, USEF, USDF, CDS, Gail Hoff Carmona 'S'  
July 4-5: Southern Regional RAAC, CDS, Melissa Creswick, Louise Koch, Brent Hicks  
July 17: Summer Series FAB Friday, USEF, USDF, CDS, Cauleen Glass 'R'  
August 14: Summer Series FAB Friday, USEF, USDF, CDS, Carol Hoffman 'S'

### **Upcoming Events**

September 5 & 6 : Leslie Webb Clinic

More details coming soon. E-mail Kristin Young

if interesting [kb@hammondloan.com](mailto:kb@hammondloan.com)

November : Annual Chapter Banquet

### **2009 SJC CDS Board**

Kathy King	Chair	<a href="mailto:dressagespark@cox.net">dressagespark@cox.net</a>
Kristin Young	Co-Chair	<a href="mailto:kb@hammondloan.com">kb@hammondloan.com</a>
Kit Stebbins	Treasurer	<a href="mailto:rsteb75448@aol.com">rsteb75448@aol.com</a>
Michele Town	Secretary	<a href="mailto:mt@hammondloan.com">mt@hammondloan.com</a>
Nicki Lucas	Sponsorship	<a href="mailto:petiquette@cox.net">petiquette@cox.net</a>

Do you have a great idea; the board would love to hear from you!

## TRAINERS SPOTLIGHT: MARYKEHOE

**Born:** Whittier, CA. Grew up in LaHabra Heights

**How old were you when you began riding:** Earliest photograph I recollect was taken at 4 years old sitting on my sisters' pony. I got my own pony at age 7, a welsh/quarter horse cross.

**What attracted you to Dressage:** I found out about it when I was a teenager though exposure to the famous Lippizzanners of the Spanish Riding School and Olympic events. I find the challenge to meld with one's horse irresistible.

**What level are you currently competing:** Grand Prix with my horse "Ascension".

**Whom do you admire most in Dressage and who has influenced you:** Steffen Peters who I had the opportunity to work with 3 years ago. Also, Gerhard Politz and Volker Brommann provided me with a good foundation.

**What is the most rewarding aspect of being a trainer:** Watching my clients, human and equine change before my eyes over the months.

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## 2009 CDS Adult Amateur Clinic

by Kristin Young

I feel so lucky to have been a participant in the 2009 CDS Southern Region Adult Amateur Clinic with Jane Weatherwax as the clinician. I was a bit nervous about taking my horse Mr. J away from home for the first time. He can be a bit nervous but I figured a clinic would make the best first experience away from home.

Mr. J loaded in the trailer like a champ and after a quick pit stop at Nellie Gail to pick up Karen Salem's horse Sudz we were on our way. As we drove in the gates to Kathy and Tom Pavlich's Shadow Ridge I took a deep breath and relaxed. Shadow Ridge is absolutely beautiful and well laid out. Mr. J was thrilled to unload off the trailer and then be able to graze on irrigated grass. His stall was a 12 X 24 corral. The stall had grass around the outside so he could munch all day long. He was relaxed and content from the moment he stepped off the trailer.

The first night Kathy and Tom hosted a pizza party at their home where we met all the riders and the clinician Jane Weatherwax. Jane was funny and made it clear she feels we are all on the same level. She explained that her focus was to improve the rider position and seat and to make us all more effective riders.

The first day, Mr. J was a bit wide eyed as we entered the arena. After a few minutes of walking past the audience and the mirrors, I felt him relax and he settled into his work. Jane commented that our canter work was lovely but our trot work was a bit too fast. Jane was constantly reminding me to look up. She would make this beep sound into the PA system anytime I looked down which caused me to laugh but also made me more aware of how much I look down. Our goal for the clinic was to have a good first experience away from home and to get a gauge of what we need to work on for Second Level.

The first day started off with 1 hour semi private lessons followed by 45 minute private lessons. Part of the first group was a petite woman on a Friesian. He was big, strong and was spooking and being a bully. Jane had her do a 10 meter circle anytime he was heavy or wanting to run with her. The next day this pair rode in a half hour private. Any time the horse became heavy or running Jane had her ride him in a 45 degree leg yield with his nose towards the rail. When he became light and listening they got to go straight and as soon as he got heavy or running she put him back into the 45 degree leg yield. On the final day the horse came out confident and willing. He was light and very rhythmic. Both horse and rider made a huge transformation over the course of the 3 day clinic. It was amazing to see every pair become a better more harmonious team and each rider became a more effective rider.

Jane worked on everyone's position and especially focused on the sitting trot. She explained the sitting trot is like how you bounce a basketball and allow the ball to bounce higher, meaning allowing the horse to move. She explained to one participant to feel like she was a Viking Princess on the front of a ship to give a visual idea of how she needs to change her position. For the canter departs Jane said to lock and load your outside rein and look up.

The CDS Adult Amateur clinic was a once in a lifetime experience. It was amazing to spend 4 days away from home with my horse just being immersed in dressage and ride with an international judge. The support among the riders, clinician and hosts was fabulous. I have made some great new friends. There were horse and rider combinations of every breed, level and ability. There is no requirement for being at

a certain place or being ready to come away from the Adult Amateur Clinic learning a ton. **Don't pass up this opportunity in 2010!** Put your name into your chapter chair by December 1<sup>st</sup> to have a chance of having your name drawn.



Photo by [Roy Young Photography](#)