



UDS Newsletter

Wasatch Mountains

A monthly newsletter brought to you by the Utah Dressage Society

FEBRUARY 2015

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Letter From The President by Stacey Hornsby



As As it gets warmer, we are getting closer to being able to ride our horses outside and we are getting closer to the start of the Utah show season. By now you all have received your 2015 Omnibus and are all well on your way to planning your shows. It is an exciting time of year as we look forward in anticipation of the Utah show season!

To put to rest some recent rumors about the omnibus I want to assure you the UDS is alive and well! I know change is hard when most are accustomed to a fancier publication but as we have mentioned, we chose to do a simple slimmed down version as we transition to an online Omnibus along with a supportive APP for your phones in 2016.

Over the years concerns have come to the Board that we should spend less money on the Omnibus and instead put the money towards providing more education. This is a great idea and I will tell you that it takes many people and many hours to put the publication together and in no way is it a small endeavor!

Even though the USDF has raised the fees we must pay for every member (\$20 per \$50 membership), we have not wanted to raise our dues and for the \$30 we get to keep and use for shows, events, clinics, scholarships, awards and education; we feel you still get a lot of bang for the buck!

Changing to an online Omnibus also makes us more environmentally conscious and with all the advances in technology we decided it was best to keep the membership fee down, offer more educational events but still list all the shows in a way that would take less time, resources and keep us fiscally responsible as well as to also bring us farther along in the technological age. So our transition to an online Omnibus in 2016 has started with our idea of a slimmed down, no frills publication. For those of you who wish a hard copy in 2016, that will still be available for a small fee and with the addition of an APP so you will have the omnibus on your phones; wherever you go – it will be a win-win situation!

On a different note, we are well on our way to living our mission to educate, promote, encourage and inspire! The Winter Symposium was a huge success; we have not only a Ride-A-Test Clinic this spring but also a 2 part Scribing clinic with certification cards, a fall AA Clinic and USDF Instructor Certification Program and a very full JR/YR schedule of events! Hope to see you at one of these events or one of the upcoming shows



UDS Winter Education Symposium – BIG Success!



January 31st marked the first ever conference-like UDS educational event – the Winter Education Symposium. This first time event had 45 in attendance and half of those were non members. The event had guest speakers such as our own member and Para Rider Cambry Kaylor and Dr. Kate Schoenhals from South Mountain equine. Cambry gave a very inspirational talk that was many participant's favorite of the day. We all came away uplifted and inspired. Dr. Kate Schoenhals did a fantastic job educating the group on nutrition for the equine athlete and the question to supplement or not to supplement was discussed.

The Symposium had 4 breakout sessions: Jan Lawrence ran us through various exercises to loosen tight lower backs, hips and IT bands to help with pain and to increase feel in the saddle. We also learned exercises to strengthen the core for an improved seat and came away with great handouts and a chance to purchase one of the miracle balls. Everyone loved the exercises with the miracle ball and we all felt a loosening of our tight hips and lower back muscles. Dallas Sweat gave a great and informative presentation on showing 101 and had a phenomenal handout to guide those new to showing. Next we was Hicks who had a powerful video and slide presentation where we learned the most important way to bring a young horse along is



learning how to read the horse's language and interpret what they are trying to convey to us and how to handle them to gain a trusting relationship. Jim's passion for the horse and fostering the human horse connection was very powerful and spurred a lot of great discussion. Last we had Marlo ViVenzio presenting on intro to biomechanics which was also a well liked breakout session. There was enlightening videos that demonstrated the difference in a horse's way of going depending on the position of the rider. Seeing the research that is being done on biomechanics at the TOSH Biomechanics Research Lab was fun and fascinating as we got to see how our



skeleton looks while sitting in the saddle and how our movements affect our seat bones in the saddle. It was fun to see how the skeleton videos were made and

how technology is helping us understand how our bodies affect our horses.



The most unique event of the day was the panel discussion. We had Bethany Wilhelmsen, Courtney Gray a new Eventing trainer who moved to Park City from Atlanta, Jim Hicks and Jan Lawrence. We had more questions from those that participated than we ever could have expected! There was good discussion between the panel guests and it was fun and informative to see the exchange between the trainers.



There was a lot of food, fun, laughter and everyone loved the leather bound notebooks embossed with the UDS logo. We received many words of praise and thanks for offering this event as participants learned a lot. Thank you to all our trainers who presented or were on the expert panel – we could not of done it without your support - Educate, promote, encourage and inspire!

Scribing Certification Clinic by Stacey Hornsby



The UDS is hosting a free 2 part scribing certification clinic. The first part will be held on Thursday April 2nd from 5pm to 8pm and will be the classroom portion held at the Moreau Building in downtown SLC. We will cover all the info you would ever need to know about scribing how to's and etiquette. Participants will get the chance to practice and will be seated in front of a large screen and go through videoed rides and with the assistance of Alison Child, one of our L Judges, get to practice scribing for not only 1st through 4th but also FEI and Musical Freestyles!

The second part of the clinic will entail co-scribing alongside a seasoned scribe at the Ride-A-Test Clinic on Sat. April 11th at Zephyr Ranch Equestrian in Salem, Utah. This will give our scribes in training a chance to practice in a real environment but without the pressure of a rated show with an R, O or S Judge. Once this part is complete (we will have competency sheets documenting the competency level of the

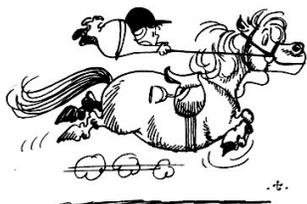
scribes) we will have the scribes sign up to scribe at a show and once they do this successfully, they will then get their certification card through the UDS that will state up to what level that scribe is competent to scribe to and may also include musical freestyle.

We hope to give our scribes validation for their skills, make it an official training and help us better keep track of who can competently scribe and up to what level. If you have already been scribing and wish to have your certification card – we ask that you contact Stacey Hornsby for details on getting your certification card as we have plans for that as well and don't wish to leave you out! More details to come so keep an eye out on our website for registration info.

Ride-A-Test Clinic:

The new 2015 tests are here and now is your chance to ride your new tests in front of Marlo ViVenzo one of our L Judges and also get valuable feedback on your rides, on Saturday April 11th at Sunset Zephyr Ranch Equestrian in Salem, Utah. For a small fee, you not only get the opportunity to run through the new tests in a show atmosphere but you also get a 10-15 min schooling session with Marlo on your test and a chance to re-ride your test and receive written feedback. This is an invaluable opportunity to get prepared for the show season so you will not want to miss this! More details to come so keep an eye out on our website for registration info.

Junior Young Riders Program by Tiffany Felix



We are looking forward to a great year in the Junior/Young Riders program! Our activities this year will include a lunging clinic, a Ride-A-Test, a horse care/show prep clinic, a trail ride, swimming with horses in Utah lake, a Halloween Party, the UDS Annual Awards Banquet, and caroling on horseback. We are also working on bringing in a clinician to work with the girls and their horses.

February Activity: Feb 28, Lunging Clinic with Stacey Hornsby. Sweetwater Equestrian Center, Heber, UT. 2-5pm. **Horses will be provided for the clinic**.

We've created a closed Facebook group to make communication with the Juniors and their parents easier. You can find it here: <https://www.facebook.com/groups/1583808938500638/>.

January 24-25 Jr/YR member Mickey Holliday organized and ran a very successful clinic with Gail Redinger at Coyote Creek Equestrian Center in Saratoga Springs. Thanks, Mickey, for a fantastic clinic!



Welcome to our newest member of the Junior/Young Riders program, Maeghanne Sheering!

Maeghanne is a sweet girl who cares about everyone and everything. She loves all types of animals. She adores her two miniature schnauzers, Dante and Angel, and her horse, Starr.

Maeghanne has tried many different sports, but it was after she had 6 weeks of horseback riding as a school activity that she found her passion. After her tenth birthday, she begged us to continue lesson, and luckily her grandparents offered to help pay for them. Maeghanne learned about showing from her trainer and wanted to participate in everything she could with horses. Her first show was the October show at Horse Lover's Havens where she got third place, and she was hooked! She was able to participate at many other shows and did outstanding for her first year of riding.

To keep Maeghanne riding, we went to look at some some affordable horses and found her forever friend Starr. Starr will not be showing with her this season because when we adopted her she was approximately 18 months old. She and Starr are currently in training with Sarah Simmons and she is looking forward to improving and learning as much as she can this year.

Meaghanne really wanted to find something where she can get information about what she needs to work on so she can improve her skills. Her trainer talked to her about Dressage and she wants to try this new opportunity. Hopefully you will see Meaghanne and Starr competing in shows next season, but this year she plans to compete in shows on a horse owned by her trainer.

Karen Skvarla Grant



2015 Do you know of any young dressage professionals in your area that could benefit from an educational grant from TDF? The Dressage Foundation's new Karen Skvarla Fund is offering a \$300-\$500 educational grant just for young professionals. The application deadline is quickly approaching on February 15th. This Fund is for a variety of dressage educational or training opportunities, and TDF is excited to award the inaugural grant in 2015.

Please help us spread the word to young professionals in your area by advertising on Facebook, sharing the link, or forwarding this email to someone you think might benefit.

For more information, or to apply for TDF's Karen Skvarla grant, please visit this link: www.dressagefoundation.org/apply/young/karen_skvarla.html

Dressage Tips for Beginners by Lara Oles



It has been brought to my attention that we have some UDS members who are new to dressage and are very eager to learn. I would like to welcome you all, whatever your level of riding! Everyone has to start someplace, and I am certain that we have a show or clinic that you will enjoy this year!

In USDF (United States Dressage Federation), competitive dressage has been divided up into levels, Beginners usually start with Intro and Training Levels. Below are ten basic steps to help get ready for your first dressage show. There are thousands of books written on the subject, but these are a few tips that I adapted from WikiHow to help our new members.

1. First make sure your horse knows you and can trust you. You also have to make sure you have faith in your horse.
2. Both you and your horse should feel confident travelling at all three gaits. Work to improve your horse's gaits; the walk, trot and canter, should be forward and consistent.
3. Work on transitions. The horse should have smooth transitions, both upward and downward. He should maintain balance, rather than falling onto his forehead, and he should not pull against the rein. Ideally, transitions should be ridden mostly off the leg and seat, with minimal hand. Transitions should also be prompt and occur at the exact moment the rider wishes to change the gait.
4. In Training Level, judges look for willingness to accept contact and stretch into the bridle. How can you tell that a horse is stretching into the bridle? When you hold your reins still, you should be able to feel the horse's mouth without him hanging on your reins.
5. Work on a correct position in the saddle. Sit tall, look ahead, and don't brace your back. Make sure your shoulder, hip and heel are in a straight line. The balls of your feet should be rested on the stirrup irons with heels slightly down (but not shoved down, think more toes up).
6. Bend your horse around turns, but be careful not to overbend him; if you were to look down from above, the curve of his body should match the curve of the turn or circle.

7. Memorize and practice the USDF Intro or Training Level tests. Ride them for a qualified dressage instructor and ask them for some tips on how to improve.
8. Find a schooling show in your area and enter it. (A schooling show is usually local, sometimes smaller, not recognized, and used by riders and horses to gain experience, practice test riding and get the feel of competition for less cost. A recognized show is licensed by the USEF and recognized by the USDF and scores attained may count toward year end awards or act as qualifying for a championship or other event.)
9. Show! After you ride your test for the judge, you will receive a score sheet with an assessment of what you did well and what you did not so well. Remember, your first show might not be perfect, but you are there to learn.
10. Have fun, and enjoy your horse!

Membership Info



The February birthdays are:

- 2/1 Julie Bullen
 - 2/2 Barbara Gentry
 - 2/7 Kelsey Wooley
 - 2/17 Marianna Sochanska
 - 2/16 Faye Anderson
 - 2/21 Ashley Simmons
- Attention all UDS members!

A Warm Welcome to our newest member who joined the UDS for the first time in 2015!

Lisa Messegee Wrightman of Saratoga Springs, UT

2015 Spring Scholarships MJ Babcook



SCHOLARSHIPS

Just a reminder that the Utah Dressage Society awards 6 scholarships each year to encourage and promote the further training and education of its members and their horse partnerships. In the spring and the fall of each year, one \$250.00 scholarship is awarded in each of the following three divisions: Junior/Young Rider, Adult Amateur, and Open.

The spring application deadline is March 15th. This is a wonderful opportunity to further your dressage education and training. Eligible expenses will include: the cost of clinics, mounted or unmounted, reasonable expenses to attend those clinics, the cost of educational materials such as training books and videos, and other educational opportunities such as symposiums. So many of us follow our dressage passion on a shoestring budget so here's your chance to apply for some much needed financial help!

Applications are to be sent to: Utah Dressage Society Scholarship Application PO Box 562 Draper, UT 84020 OR e-mailed to the current Vice President, MJ Babcook madgeelf@gmail.com with the subject line of Educational Scholarship Application

Click on this link for details.

<http://www.utahdressagesociety.com/uds/images/2013%20Scholarship%20Application%20Info.pdf>

Dates to Remember



- February 14 Sage Creek Show deadline
- February 15 Karen Skvarla Grant deadline.
- February 21 Sage Creek Winter Dressage Festival Show. Contact Josi Skiby: josisagecreek@gmail.com
- February 28 J/YR Lunging Clinic
- March 4 UDS Board Meeting 6:30 pm
- March 14 Sage Creek Show Deadline
- March 15 UDS Grant Deadline
- March 21 Sage Creek Winter Dressage Festival Show. Contact Josi Skiby: josisagecreek@gmail.com
- April 2 Scribe Certification Clinic Part 1
- April 11 Scribe Certification Part 2, and Ride-a-Test Clinic

Join the UDS Board and Make a Difference



Several important Board positions are open:

- Director of Education
- Director of Special Events
- Secretary

Contact Stacey Hornsby if interested: stacey.hornsby@gmail.com

Utah Dressage Society
PO Box 562
Draper, Utah

Email: Director of Communications Lara Oles
lara.n.dan@gmail.com