

IMPULSION

THE OFFICIAL NEWSLETTER OF THE KENTUCKY DRESSAGE ASSOCIATION

WINTER 2022



**COMING UP: KDA
VOLUNTEER CLINIC**

**OTHER
IMPORTANT DATES
AND DEADLINES**

**CONGRATULATIONS
2021 YEAR-END
AWARD WINNERS**

**DO YOU KNOW THE
RULES OF THE WARM
UP ARENA?**

PICTURED: JULIA MAGSAM AND WIDESPREAD PANIC / PHOTO BY LISA DEAN

KENTUCKY DRESSAGE ASSOCIATION BOARD OF DIRECTORS

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2022 SHOW CALENDAR

MORE CLINIC AND SCHOOLING SHOW DATES COMING SOON!

**KEEP AN EYE ON THE KDA FACEBOOK PAGE AND
SHOWSECRETARY.COM TO STAY UP-TO-DATE WITH
ANNOUNCEMENTS AND UPDATES!**

March

Snowbird Winter Dressage Series: 3/5-6
KDA Approved Schooling Show
KY Horse Park Claiborne Arena
Judge: Jeri Matheny (Sat); Maureen John (Sun)

May

KDA Spring Warmup Show 5/27-28
KDA 36th Annual Dressage Show: 5/29
KY Horse Park Rolex Arena

June

Horse Aid Live Combined Test & Dressage Show: 6/18
KDA Approved Schooling Show
Masterson Station Park

July

KDA Summer Classic I: 7/8-9
KDA Summer Classic II: 7/10
KY Horse Park Walnut/Annex Arenas

September

KDA Breed Show Classic: 9/3-4
KY Horse Park Annex Arena

Horse Aid Live Combined Test & Dressage Show: 9/24
KDA Approved Schooling Show
Masterson Station Park

October

KDA Fall Classic I: 10/8
KDA Fall Classic II: 10/9
KY Horse Park Rolex Arena

KDA ANNUAL EDUCATIONAL SHOW VOLUNTEER CLINIC

SOON!!!

SATURDAY,
FEBRUARY 19, 2022
10AM - 2PM

Location:

Central Kentucky Riding for Hope (CKRH) at
Kentucky Horse Park
4185 Walt Robertson Rd, Lexington, KY 40511

Information:

Learn how to be a show volunteer with a TD, judge,
show chairman, chief scribe and chief scorer.

Susan Moran, a TD, will be discussing how to be a
steward and checking bits.

Robin Weinstein, a long time volunteer, will explain
how to be a scribe.

Susan Posner, a judge, will be doing 3 tests to
demonstrate how tests are done.

Sheila Woerth, our Show Chairman, will talk about
how to be a runner.

Suzanne Richards, another long time volunteer, will
be showing how to score a test and some rules to
follow to calculate correctly.

For those who wish to attend via Zoom, documents
are available for you to view and print at
kentuckydressageassociation.com

Zoom link will be provided closer to the time.



Susan Moran



Robin Weinstein



Susan Posner



Suzanne Richards



Sheila Woerth

**FREE
PIZZA**
will be
provided
for those
who come
in person!



“Being a KDA volunteer gives you a
wonderful sense of belonging and
working for a top-notch show team at a
world-class facility has
unforgettable
rewards.”

Robin Weinstein





Kentucky Dressage Association

2022 MEMBERSHIP FORM

December 1, 2021 – November 30, 2022

Name:		Farm/Business:	
Street:		Phone:	
City, State, Zip:		USDF# (if known):	
Email:			
<input type="checkbox"/> Adult Amateur <input type="checkbox"/> Open <input type="checkbox"/> Junior/Young rider <input type="checkbox"/> Non-Competing			

Member Benefit Highlights	KDA Membership Type		
<ul style="list-style-type: none"> * USDF Group Membership * Discounts on Clinics * Subscription to USDF E-Link, educational videos * Three weekends of USDF recognized shows * Year End Awards & Banquet * Five \$750 Dressage Education Grants * \$500 College Scholarship * \$5,000 Jr/Yr Dressage Education Grant * Impulsion, KDA's Newsletter * Two Schooling Shows 	<input type="checkbox"/> Renewing Member <input type="checkbox"/> New Member		
	<input type="checkbox"/> \$35 Junior Young Rider (under 21 as of 1/1/2022)	DOB:	\$
	<input type="checkbox"/> \$58.50 Adult Individual		\$
	<input type="checkbox"/> \$48 Adult Non-Competing		\$
	<input type="checkbox"/> \$58.50 Family Primary DOB:		\$
Limited to related household members. Each additional member cost \$12, added individually below. See Page 2 for horse registration information.			

1st Additional Family Member name:			Add \$12	<input type="checkbox"/> Jr/Yr <input type="checkbox"/> AA <input type="checkbox"/> Open	\$
DOB:	USDF#:				
E-mail:	Phone:				
2nd Additional Family Member name:			Add \$12	<input type="checkbox"/> Jr/Yr <input type="checkbox"/> AA <input type="checkbox"/> Open	\$
DOB:	USDF#:				
E-mail:	Phone:				
3rd Additional Family Member name:			Add \$12	<input type="checkbox"/> Jr/Yr <input type="checkbox"/> AA <input type="checkbox"/> Open	\$
DOB:	USDF#:				
E-mail:	Phone:				
4th Additional Family Member name:			Add \$12	<input type="checkbox"/> Jr/Yr <input type="checkbox"/> AA <input type="checkbox"/> Open	\$
DOB:	USDF#:				
E-mail:	Phone:				

Please send this completed form and payment to: Ashley Holden 4633 Echo Valley Crestview, KY 40014	ADDITIONAL:	
	Additional Horses (see page 2 for details)	
	Number of additional horses x \$10	\$
	(One registration per member/family included)	
	Donation to the Volunteer Fund	\$

To pay by credit card:			Online payment methods:		
Name on card:			PayPal - @KYDressageAssoc Zelle - TBA Website - www.KentuckyDressageAssociation.com/join-the-KDA		
Credit card number:					
Exp. date:		Sec. code:			
Signature:					
3% processing fee if pay by credit card					

TOTAL TO PAY: \$



Kentucky Dressage Association

YEAR END AWARD ELIGIBILITY

To be eligible for year-end awards, register your horse(s) with KDA and complete eight (8) volunteer hours. Four (4) of these must be completed by the member. See KDA website, www.kentuckydressageassociation.com/yea-rules, for full year end award rules and details.

Single Membership includes registration for one horse for Year End Awards.

Primary Family member receives one horse registration.

Horse Name	Breed	Rider	Owner

\$10 for each additional competing horse. Also, \$10 for each additional horse per each additional family member.

Horse Name	Breed	Rider	Owner

Help KDA earn free money with the Kroger's "Community Rewards" Program

Earning money for KDA is easier than ever! All you need is a Kroger Plus Card, then visit

<https://www.kroger.com/communityrewards> and register your Kroger Plus Card (or log-in if you already have one). Once you have done this, go to the "Community" tab and enter 'Kentucky Dressage Association' to start earning for KDA. You can also download e-coupons and manage prescriptions from this website.

Donate to the KDA Volunteer Fund

Proceeds from this collection will provide the opportunity for KDA full time volunteers to attend our annual banquet. These special people donate long hours and work behind the scenes to make our shows run smoothly!

Did someone refer you to KDA? Please provide their name: _____

Recruit a new member for volunteer hours! Check opportunities for amassing volunteer hours through our website:

www.kentuckydressageassociation.com/volunteers

Amazon Smiles: Here is a way you can purchase gifts for your loved ones while simultaneously donating to your favorite dressage organization, FOR FREE! Use the link below, accept KDA as the recipient, and then shop as usual. Amazon will donate 0.5% of all eligible purchases to KDA. <https://smile.amazon.com/ch/61-0954949>

<input type="checkbox"/> I want to be added to any other postal mailings.	<input type="checkbox"/> I want my contact info shared with other KDA members.
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RULES OF THE WARM UP ARENA

BY BONNIE BECHT, KDA \$750 GRANT RECIPIENT

We've all experienced show time jitters (shallow breathing or no breathing, sweating, bathroom breaks, hungry but scared to eat, the constant mental replaying of our test pattern, etc) and as time goes by and we gain more experience, some of these symptoms lessen. And that is one reason I have decided to compile this list of do's and don'ts of the Warm Up Arena - the more we know, the less we are intimidated and more able to concentrate on what we need to do in order to give a true test of our riding abilities.

The Warm Up area can be calm with only a few horses or crowded and more like a dodge ball court! We have no control over what we will find but if we have some basic knowledge of how to drive through this gathering of magnificent animals and riders, we can get our warm up completed and come out ready to show.



PHOTO BY LISA DEAN

I have chatted with several trainer/riders and ask for their most useful rule that they wish all riders knew about Warm Up etiquette.

1. Riders traveling in the opposite directions on the arena track should pass each other left shoulder to left shoulder. (Just like driving cars in the US)
2. If approaching another rider either head on or from behind, and that rider is doing lateral work, (here you must be able to recognize lateral work!) he or she has the right of way.
3. The only time you need to check behind you is if you are working on the "rein back." The riders behind you should be watching in front of them so they will have you in their sight.
4. If you are passing a rider from behind, always try to stay a horse's width from the other rider. If in doubt about what the rider in front of you is working on, speak up and state where you are "On your right." or "On your left."
5. If warm up area is really crowded - ride towards the area with the least riders. This will change - so, you should too.
6. Riders working in counter canter always have the right of way! The reason being that horses are less maneuverable in counter canter.
7. The halt should not be done on the track.
8. If walking move off the track. Trot has priority over the walk and canter has priority over the trot. Lateral work has priority over all paces.
9. The main thing to remember and something that effects the outcome of every ride you have is to look up and see where you are going. Yes, the head and neck of your horse is lovely but you wouldn't drive a car or truck and only look at the hood ornament!

My wish is that everyone will have a wonderful warmup and a rewarding ride and that the only person you have to be better than today is the rider you were yesterday!

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SCENES FROM THE BANQUET

BY KRISTIN LEIGH RICHARDS PHOTOGRAPHY



**Boardfield 121
Dressage Sport Horse**
Madison Lee



Open Training Level
Ashley Gray



Young Horse
Kristi Fly · Charlotte (Jim) Welsh · Lauren Welsh



Merry Sunrise Trophy
Keyley Knollman



Materiale
Kara Hertz · Catola Hendricks



Open Fourth Level
Karen Moore



Open GP & Freestyle
Reese Koffler-Stanfield



2021 Grant Winners

Karen Moore · Jeri Matheny · Ella Berkhofer · Kara Hertz · Reese Koffler-Stanfield



AA Freestyle
Julie Cook



Jr/Yr First Level
Nora Brown · Ella Berkhofer

CONGRATULATIONS AWARD WINNERS!



Jr/Yr Training Level

Nora Brown, Megan Postlawright, Isabelle Montes



AA GP

Catherine Jacob



Rapunzel Memorial Cup

Laura Crowl



Vintage Rider

Carol Weber, Julie Cook



AA Third Level

Samantha Brinkman-Berkhofer, Carol Weber



AA First Level

Susan Weiss, Julie Cook, Lauren Welsh



AA Second Level

Anastasio Curwood, Julie Cook



President's Cup

Julie Cook



Nancy Basset Memorial

Lauren Welsh, Carola Hendricks



Jr/Yr PSG & Int. I

Margaret Putna



Jr/Yr Second Level

Ella Berkhofer

CONGRATULATIONS AWARD WINNERS!

Kentucky Dressage Association 2021 Awards

President's Cup:

Garfio and Julie Cook 75.06%

Rapunzel Memorial Cup:

Hana and Laura Crowl 74.625%

Boardfield 121 Dressage Sport Horse:

Rif Earl Gray and Madison Lee 79.30%

Nancy Basset Memorial:

Hyperbole CWH and Carola Hendricks 77.13%

Young/Junior Training Level:

4. Nora Brown / Leal 67.34%

3. Isabelle Montes / Valentino 67.79%

2. Megan Postleweight / Nitro 72.98%

1. Josefine Parada / Phantom Knight 73.74%

Young/Junior First Level:

3. Nora Brown / Leal 63.39%

2. Ella Berkhofer / Gor Don Bleu 59.23%

1. Josefine Parada / Phantom Knight 70.95%

Young/Junior Second Level:

1. Ella Berkhofer / Gor Don Bleu 71.01%

Young/Junior Grand Prix:

1. Margaret Putnal / Zon Primaire 68.85%

Young/Junior Intermediate I:

1. Margaret Putnal / Zon Primaire 68.51%

Adult Amateur Introductory Level:

2. Kara Hertz / Always Lucky 70.56%

1. Amy Diamond / GB The Magic of Oz 70.69%

Adult Amateur Training Level:

3. Kara Hertz / Always Lucky 64.76%

2. Katherine Draughon / Absolute Purple Haze 68.65%

1. Alexandra Belton / Art Collector 69.15%

Adult Amateur First Level:

6. Katherine Draughon / Absolute Purple Haze 63.98%

5. Julie Clark / Lionel 64.97%

4. Ashlee Truitt / Garland 67.48%

3. Lauren Welsh / Solo Hit 68.97%

2. Susan Weiss / Pascha 69.23%

1. Julie Cook / Garfio 75.23%

Adult Amateur Second Level:

3. Anastasia Curwood / Rock Hard Attitude 62.17%

2. Catherine Donworth / Doulin Banjos 66.21%

1. Julie Cook / Garfio 71.70%

Adult Amateur Third Level:

2. Carol Weber / Spring Hollow Lady Grace 63.46%

1. Samantha Berkhofer / Armani 67.12%

Adult Amateur Prix St. Georges:

2. Alexandra Belton / Daffy's Sun Shine 61.22%

1. Julie Roche / Eagle Fan Bosksicht 66.48%

Adult Amateur Grand Prix:

1. Catherine Jacob / Cadento V 65.17%

Adult Amateur Freestyle:

2. Catherine Jacob / Cadento V 65.34%

1. Julie Cook / Garfio 77.22%

Western Dressage:

2. Tamara Williamson / Chasing a Dream
Second Level 69.40%

1. Grace Grider / Minns Peppy Miracle
First Level 71.91%

Vintage Rider:

3. Carol Weber / Spring Hollow Lady Grace 63.46%

2. Susan Harris Perellis / Endeavour Adventure 69.48%

1. Julie Cook / Garfio 75.23%

Open Introductory Level:

Shannon Austin / Love a Dub Dub 67.68%

Open Training Level:

4. Ashley Gray / Kerigold 69.86%

3. Shannon Austin / Southern Violence 70.15%

2. Amelia Jean Foster / Hyperbole CWH 70.54%

1. Ellen Murphy / GB The Magic of Oz 72.97%

Open First Level:

1. Shannon Austin / Southern Violence 67.09%

Open Second Level:

2. Jessica Lyons / Azari 71.97%

1. Kristin Richards / MW Bella Rossa 72.37%

Open Third Level:

5. Karen Moore / Glassandra TF 66.58%

4. Jessica Lyons / Azari 66.75%

3. Joan Gariboldi / Cantata 68.27%

2. Meghan Riviello / YnzeFan Vels 71.97%

1. Cassandra Hummert-Johnson / Dianella 76.84%

Open Fourth Level:

1. Karen Moore / Glassandra TF 66.58%

Open Prix St. Georges:

3. Jeri Matheny / Zarcita 67.53%

2. Reese Koffler-Stanfield / Follow Me 70.87%

1. Meghan Riviello / Flairck 72.87%

Open Intermediate I:

2. Susan Harris Perellis / Endeavour Adventure 69.48%

1. Reese Koffler-Stanfield / Follow Me 69.94%

Open Grand Prix:

1. Reese Koffler-Stanfield / Follow Me 70.60%

Open Freestyle:

2. Joan Gariboldi / Cantata 71.12%

1. Reese Koffler-Stanfield / Bingo 73.50%

Materiale:

3. Alexandra Belton / Art Collector 72.48%

2. Kara Hertz / Always Lucky 75.10%

1. Carola Hendricks / Hyperbole CWH 77.13%

Young Horse:

4. Kristi Fly / Roxie Nation 71.72%

3. Lauren Welsh / Uptown Funk 76.27%

2. Jim Welsh / Dior CSR 77.08%

1. Jim Welsh / Calvin Klein 79.22%

Mature Horse:

3. Lauren Welsh / Solo Hit 73.20%

2. Jeri Matheny / Fiori Eda 77.18%

1. Carola Hendricks / Hyperbole CWH 77.77%

Merry Midnight Award: Sheila Woerth

Merry Sunrise Award: Kayley Knollman

Volunteer of the Year: John Bottom

2022 \$5000 Grant Winner: Ella Berkhofer

\$750 Grants for Open riders: Susan Harris Perellis, Reese Koffler-Stanfield, Jeri Matheny and Karen Moore

\$750 Grants for Adult Amateur riders: Ruby Tevis, Janet Zoeller, Kara Hertz, Wesley Fairman and Katherine Draughon

\$750 Grants for Youth/Junior riders: Jessena Defler, Julia Magsam and Josefine Parada

VARIETY IS THE SPICE OF (DRESSAGE) LIFE

BY CAROL WEBER, KDA \$750 GRANT RECIPIENT

During the 2020 Virtual Year End Awards banquet, I was one of the lucky winners of the \$750 Adult Amateur Grant. I used the grant to attend several clinics with three different clinicians.

Sue Kolstad - "Nuances of Test Riding from a Judge's Perspective"

Sue's energy and determination are contagious. I originally signed up for this Spring clinic as a Ride-A-Test, however, we ended up needing to focus more on the basics and me instead of the 3-1 test. My mare, Grace, had recently been challenging me with some rodeo-style antics that got in my head so bad I was riding with the handbrake on. Sue helped me work through this by having me "keep her busy", so her attention was always on me. By the end of the ride, I was feeling more confident and felt I had added more tools to my toolbox.

In addition to my "therapy session" with Sue, she also shared several pearls about test riding that I have used ever since, and yes, they work! The last two are now a part of every ride.

- When riding a shoulder-in away from the judge, show a bit more angle because it's difficult for the judge to see around the hind end of the horse.
- Extended Walk - move hands forward with horse's rhythm close to the withers - it encourages the horse to walk bigger.
- Turn on the Haunches is the same as riding a half-pass in a circle with the front legs making a larger circle around the hind legs' smaller circle. Going into it, take 3 steps of a slight haunches-in, then 1 step shoulder-in on the way out to straighten horse.
- Half-Pass - sit to the inside of the saddle and shorten the inside rein. Start with 2 strides of shoulder-in to prevent haunches from leading, then start half-pass and aim for 1 stride before the letter so you don't go past it.
- "Never waste a transition. Always trot out of a halt - you're always training."
- "Tune Up" for a horse who's dull to the leg and behind the leg - "not an aid, but a wakeup call". Tighten up your core just before taking leg off and then kick without holding the horse back with the reins - allow horse to react and go forward. Do this twice. The horse should learn that as soon as you tighten up your core and remove your leg that the kick is coming. Horse should react and move forward without you having to go to the kick. If you don't get the reaction you're looking for, add your voice. Set the tone of your ride by doing this at the beginning of your ride.

Melissa Allen - "These hips don't lie"

Our goal for this September clinic was to fine tune our 3rd level movements in preparation for our first Regional Championships.

Watching my warm-up, Melissa kindly pointed out how Grace tunes me out because I "talk to much". I'm a fidget - just ask my trainer, Susan Harris. It's a bad habit I fall into, especially when I'm a little nervous. This was our first clinic off the farm, but Melissa's humor and approachability quickly put me at ease.

Throughout the different movements, there was a common theme of paying close attention to where my hips are and how shifting my weight affects Grace's ability to do the movement.

Melissa's explanations - not only to the rider but to the auditors - was very helpful and eye-opening.

Shoulder-In - theory says inside seat bone, but if all your weight is in your inside seat bone, you're more likely to push your horses shoulders out, when you want the shoulders in. This also causes overbent necks. We can carry more weight in one seat bone but not ALL your weight.

This line of thinking was very helpful in our half-passes. Melissa explained how I need to keep my hips pointed straight to short side and when I point my shoulders in the direction I'm going, I must be careful to not lighten my outside seat-bone so much that it causes Grace to lose her outside hind leg. "The only way to keep the forward energy in half-pass is the ability of the rider to stay centered and ride the energy straight through their seat as they move the horse sideways with their legs."

Grace is very sensitive to my weight and body position, so this made a big difference for us. In the past when I would turn my shoulders in the direction I was going, I was also turning my hips and inadvertently lightening my outside seat bone causing her haunches to trail. It also made it harder for her to move fluidly and reach with her front legs because it also caused her to drop her inside shoulder.

"Know where your weight needs to be." Even if you weight a seat bone more than the other, your seat itself should stay even in the saddle. When you sit to one side it's going to push either the shoulders or the hind end - depending on movement you're doing - to the outside making it impossible to execute the movement properly or in balance.

Gwen Poulin - Rider Biomechanics = Correct Riding

Rider Biomechanics describes how the rider uses their body (i.e., posture, balance, core, etc.) influences the horse's way of going. In addition to the KDA clinic with Gwen in the Spring, I was able to ride with Gwen several times throughout the year with the most recent being in December.

Gwen focuses on rider biomechanics to maintain correct riding, not just getting through a movement.

By the time we rode with Gwen again in December, we had been focusing on creating/maintaining impulsion from behind for more uphill balance. For the front end to come up, the back end had to go down - think teeter-totter. To achieve this, I need to be well-seated in the saddle and not pulling on the inside rein. In addition to keeping my hips anchored in the saddle, I also need to be careful not to overbend my very pliable little mare. Gwen explained that when I do, it shifts my weight to the outside restricting my ability to anchor my outside seat bone and use my outside leg effectively. It also causes her to fall on her inside shoulder, which makes it difficult for her to maintain her balance, maintain her canter or perform a movement. To maintain her canter in uphill balance, I need to be centered in the saddle and anchored in my outside hip. Sound familiar?

Gwen had me do an exercise to illustrate the feeling of being centered in the saddle.

While on a 20-meter circle in both trot and canter, I twisted my head, shoulders and torso slowly left and right. It helped me sit centered in the saddle while feeling my seat bones in the saddle. This is what I need to feel all the time.

The main takeaway from Gwen is to not let Grace train me and to not sacrifice a correct riding position.

All three trainers - Sue, Melissa and Gwen - are positive, encouraging, approachable and have a wonderful way of explaining the "why" behind the aids. They also engage the auditors, so everyone leaves with additional pearls of wisdom. If you don't normally audit clinics, or you tend to ride and not watch the other rides, you're missing out.

I encourage you to take advantage of every clinic opportunity you can - whether you ride or just audit. KDA does a great job at organizing wonderful clinicians at a reasonable cost thanks to USDF educational grants. I truly appreciate the generous grant from KDA. Not only was I able to learn from several fabulous teachers, but Grace was able to experience new venues. Thank you KDA!



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Banas for your
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AND SPONSORS FOR
STANDING BY US DURING
THIS CHALLENGING TIME.
WE LOOK FORWARD TO A
SUCCESSFUL 2022!**

