

IMPULSION

THE OFFICIAL NEWSLETTER OF THE KENTUCKY DRESSAGE ASSOCIATION

SPRING 2021



SHOW SEASON IS
ALMOST HERE!

VIEW THE FULL
2021 CALENDAR

YOUTH SALUTE
WITH JULIA MAGSAM

HOW DISCIPLINES
INTERTWINE

AND MORE!

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NEW BOARD MEMBERS AND POSITIONS KDA BOARD NEW BOARD MEMBERS 2021-2022

Elected to Board 11-14-2020

Vice President - Amelia Jean Foster

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KDA SPRING SHOW ENTRIES ARE NOW OPEN!

THE WAIT IS OVER! KDA SPRING WARM-UP AND
34TH ANNUAL DRESSAGE SHOW IS BACK AND
RETURNING TO THE ROLEX ARENA!



Visit www.showsecretary.com for the full
prize list and online entry.
Don't forget to renew your *KDA*
Memberships, *USEF Memberships* and
complete your *SafeSport training*!

CALL FOR VOLUNTEERS!
KDA IS HOSTING MORE SHOWS
THAN **EVER BEFORE** IN 2021-
WE NEED YOUR HELP TO KEEP
OUR SHOWS RUNNING.



To sign up to volunteer, visit
www.kentuckydressageassociation.com and fill out
our *new and improved volunteer sign-up form*!
If you want to apply for Year-End Awards, you
MUST earn volunteer hours.

**Thank you Rich
and Debbie Banas
for your support
of KDA!**

**Qualify locally this season!
Region 2 Regionals and US
Dressage Finals are both hosted at
the Kentucky Horse Park this year.**

Please send this completed form and payment to:

Jennifer Harber
3166 Newtown Pike
Georgetown, KY 40324

Online payment is now available at:

kentuckydressageassociation.com

**Additional Credit Card Fee*

ADDITIONAL:

_____ **Number of additional horses x \$10** \$ _____

(One registration per member/family included.)

_____ **Number of additional family x \$12 (each)** \$ _____

Donation to the Volunteer Fund \$ _____

Donation to the Dressage Complex \$ _____

(see page 2 for details)

\$5 Discount, postmarked before Nov. 15, 2020 \$ _____

TOTAL TO PAY (make checks payable to KDA)

\$ _____

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

<i>Horse Name</i>	<i>Breed</i>	<i>Rider</i>	<i>Owner</i>

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 KHP Dressage Complex Fund

Join the effort to improve the Dressage Complex

KDA is working to improve the footing and atmosphere in the Kentucky Horse Park Dressage Complex so that all riders and horses can have the best show experience possible when in Kentucky. Be a part of this fundraising project by donating to the fund. For full details, check it out on our website: www.kentuckydressageassociation.com.

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

<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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BEWARE OF BACKHANDED COMPLIMENTS

By Julia Magsam

We've all heard the stories, seen the headlines, and felt the outrage over harassment in the equestrian community. So why is it still a problem? If we can all recognize that bullying and harassment is an issue, how does it keep happening?

It's because we, all of us, *are* the problem. Whether you knew it at the time or not, you have probably been an instigator at some point, and I have too. It's hard to recognize sometimes, but we are all guilty of backhanded compliments, microaggressions, and even harassment. The most common form of harassment I have experienced (even as a young rider) in the dressage community is backhanded compliments. Here are a few examples of backhanded compliments:

- Wow, your tack looks so nice! I can't believe you bought it so cheap.
- I wish the cheaper breeches fit me too.
- For a thoroughbred, he's got a nice step.

See the problem? "Compliments" like this are usually taken badly, because they aren't really compliments. By adding little quips about quality or price, you are implying that by nature, a used saddle, cheaper breeches, or a certain breed is not ideal. So let's fix those sentences:

- Your tack looks great!
- Those breeches are very flattering!
- Your horse has a great step!

The very simple fix to these backhanded compliments was keeping it to **one clause**. There weren't any remarks about the price, breed, or quality. Those kinds of remarks are what I like to call a stream of consciousness; it is what we are thinking, but not necessarily what we mean. Both versions of those statements are true, and in a split second, they seem like a nice thing to say. But imagine if someone said something like that to you. You probably wouldn't like it very much. So the next time you want to compliment somebody, make sure what you are saying is kind.



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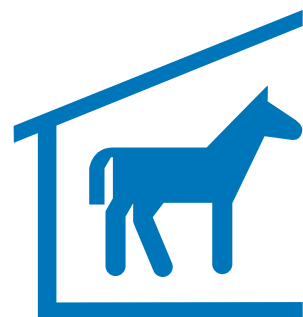
Kentucky Dressage Association
www.kentuckydressageassociation.com

There are numerous options for Advertisers, Sponsors, and Vendors.

Advertisers ads in the show programs, KDA newsletter *Impulsion*, as well as website advertising.

Vendors Bronze, Silver, and Gold levels available.

Business Membership All sponsorship levels include website banner advertising, *Impulsion* and E-blast advertising, and announcements at the show. Higher levels may include ring naming, vendor spot, banners.



Send us \$400 in advertising or sponsorships to get a FREE stall at the KDA May Show!

Class Sponsors Choosing to become a class sponsor is a great way to show your support for KDA! To show our appreciation for your \$50 contribution, your name will be listed in the show program and announced at the beginning of your sponsored class. A printable form can be found on page 27 of this prize list.

Please note it will be first come first served on **class sponsorships** and we cannot guarantee your class will have entries, we will do our best to match your request. Multiple classes can run within the same block for example: Open, AA and Jr rides will be mixed but one sponsorship covers either the Open, AA or Jr, not all three. Sponsorships are tax deductible KDA is a 501(c)3 organization.

Details for all events will be on our website

www.kentuckydressageassociation.com and Facebook page Kentucky Dressage Association

STEPHEN BRADLEY AND GWEN POULIN: HOW DISCIPLINES INTERTWINE

By Madison Deaton

It's amazing when you actually sit down and think about the positive effects that correct flatwork can have on both your position as well as the horses form over the jumps. The art of learning how to school the horse on the flat is not always an easy task to accomplish though. As equestrians we all know there can be many mountains to climb in our journey to understanding.

In my recent years, I have developed a new-found love for jumping, but my love for dressage still runs deep. The more I learn about jumping the more I have realized that it *always* connects back to the rhythm and quality of the canter. When I was riding with Gwen Poulin back in July on my horse Denny, we worked on the jump in the canter and transitions within the gaits at the canter. Lengthening and shortening are always a great way to work on control within the gaits, especially the canter. We started in a shoulder in at the canter to get the inside hind leg stepping under, and then pushed for a canter lengthening. This enabled Denny to get even more push from behind into his extended canter which increased the amount of jump.

Once we increased the impulsion and power of the canter we started to add more collection and worked towards the flying changes. I feel we really struggle on the flying changes when doing them off of a straight line and not off a turn. In order to address this issue, Gwen had me start with a leg yield off the wall at the canter and then half pass back to the wall. This put Denny on his haunches and less on the forehand freeing him up for the flying change to come. After working on this exercise, we then moved on to more technical exercises such as a half pass off the wall to a flying change.

Flying changes have a very beneficial effect on the quality of your course and your horse's balance towards the fences. In upper level eventing, performing flying lead changes can make or break the course quality. In aspects such as not having the horse on the correct lead before take-off can not only prevent the take-off but can potentially injure horse and rider. This being said, the flying change is a necessary skill for all disciplines.

When going to the right Denny has the tendency to get short, tense, and choppy at the canter and wants to fall in around the turns. On the first day of the Stephen Bradley clinic in November we worked in the ring on exercises that required us to jump off turns. While going to the left Denny remained very balanced around the turn and up off his forehand to the jumps. Although when going to the right Denny would often fall in.

around the turns and fall on his forehead causing him to trip over the ground line and jump unbalanced. Stephen immediately noticed that Denny was not as strong to the right as he was to the left and had me do shoulder fore and counter bend around the turn. This allowed his shoulders to be straighter and allowed him to lift and balance himself in the turns enabling a smoother jump.

The next exercise we did was a three stride to four one strides in a line. You have to be able to control the canter going towards the first vertical to get a short distance into the three stride in order to get a proper distance to the line of ones. During this exercise I remembered what I had learned earlier this year with Gwen Poulin about keeping the jump in the collected canter. If you allowed the canter to get short, flat, and on the forehand the distance would not be correct and the horse would not be prepared properly for the four one strides. Stephen was very impressed at the way I collected Denny's canter and kept the impulsion from behind, and managed to get the correct distance on a bigger horse.

There is really no question that correct flatwork is the key to mastering any equestrian discipline. If you have ever been afraid to jump or afraid to ride in the open, just know you're not alone. Developing the flatwork and doing the upper level dressage has helped me conquer the fears that I once had as a child. Once I figured out how to correctly set up each of the gaits collected, uncollected, on the bit, and off the bit I finally realized I could ride and jump anything with the correct canter and the right aids. If I hadn't had the opportunities that I am so grateful to have had, who knows what I would be doing. For those experiences I wish a huge thank you to the Kentucky Dressage Association for supporting me and my dreams.





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A BIT ON VOLUNTEERISM

THE USE OF OR INVOLVEMENT OF VOLUNTEER LABOR, ESPECIALLY IN COMMUNITY SERVICES.

Years ago, I heard Jane Beshear tell her audience in the Alltech Arena that the culture of volunteering abounds in central Kentucky. She remarked that Kentucky is second only to Utah for the number of people volunteering for all events. When the Breeders' Cup came to Keeneland Race Course the first time, the director was asked how many people had volunteered the previous year when it was held at Santa Anita. He said, "Four hundred." When he was asked how many had volunteered for us, he said, "In the first two weeks, we had 4,000 apply." Wasn't that marvelous?

Without volunteers, none of our KDA shows could be held. They are the backbone of all our equine events. This brings me to our wonderful, educated, and willing volunteers who show up, do an excellent job, show after show and year after year. It takes a village to do dressage shows well. The week before our Oct. 10-11 show at the Kentucky Horse Park, I checked with Sandy Kraatz, our volunteer coordinator. We realized we were short people. I went to my personal Facebook page asking for help, and within 30 minutes eight people had responded. I was deeply grateful. We had jobs for all of them.



When you run a horse show, myriad of volunteers are needed. It begins with pre-show help. We need the KDA trailer with our four CDS dressage rings and letters on it to be brought to the Kentucky Horse Park, which Ellen Murphy brings from her farm where she and Noel store it. We need the two KDA trailers brought over from Hagyard's, which Dave Leonard and I do. These house all our tents, letter boxes, numbered boxes, stall mats, muck buckets and rakes, shovels, brooms, signs, hospitality items, chairs, computers, printers, and paper, ribbons and awards, a big lattice board, and boxes with items for our secretary and volunteer coordinator.

Pre-show volunteers John Bottom and Ben Richards helped set the arenas in October with Susan Posner, Jessica Lyons, Dave Leonard, Bob Pettit, Kara Hertz, Jessica Mohr, and I. Volunteers placed the numbered boxes and flowers and shrubs, when we have them; cleaned and set the judges' boxes; put up the tents, banners, signs, stapled the stall cards up (thanks to Julie Cook); and set up the offices including awards, hospitality, and scoring. The radios that we rent and I bring from the DooWop Shop have to be plugged in to charge and a sign-out sheet placed beside them. Mark van Ruiten from the KHP brings the park's radios for our announcer and me to use, as I'm also the medical emergency coordinator.

During the show we need scribes for the judges and runners to collect the score sheets and bring them to the scorers, who score the sheets, scan them, and put them out on the Internet; ring stewards to check the horses and riders in, coordinate with our Announcer, keep the show moving on time, and do random bit checks after the rides are completed; and hospitality folks to bring fruit, snacks and water, which Michelle Morehead gets for us from Sam's, and bring those to our officials, staff, and volunteers, and set up lunch for everyone. KDA hostesses transport our officials back and forth to the hotel, and buy welcome bags for them. To give back to our volunteers and thank them, we draw a name or two every four hours during the shows to give them an award.

As the shows wind down, volunteers begin to bring items to the trailers and Dave Leonard packs up. At the end of our October shows, everyone was tired. This time, I was so grateful for Bob Pettit, Jessica Lyons, Jessica Mohr, and Jena White, who stayed after heading up scoring to take down all the rings, and take the rubber stall mats off the floor of Rolex judges' boxes. Gemma Stobbs and Suzanne Richards, who was our secretary, helped Karen Shaw, who was head of awards, to load up all the ribbons and awards into the truck belonging to our show manager, Anne Kuhns. She takes them home, and counts them so we know what to order next February. Sandy Kraatz and Gemma took the golf carts we rented back to Cunningham's, while I drove Dave's truck with the KDA/CDS trailer so the pylons, PVC pipes, and dressage letters could be loaded. Suzanne even stayed to help with those. Dave took both trailers back to Hagyard's. Ellen came and picked up the KDA/CDS trailer on Monday.

Every February, I organize and run a free and very interactive KDA ring stewarding, bit checking, scribing, and scoring clinic at Central Kentucky Riding for Hope. Attendees learn how to do these various jobs including gatekeeping, which we do for regionals. Folks might come to the clinic with a particular job in mind, but may find, at the end of the day, there is another job which they'd like a lot better. In 2020, 59 people participated.

Remember, because of *you* our shows are so successful!

Sheila T. Woerth

KDA Show Chairman

2021 CALENDAR OF EVENTS

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

May

KDA Spring Warm-up Show: 5/28-29

KDA 34th Annual Dressage Show: 5/31

KY Horse Park Rolex Arena

Tami Batts "S" Judge,

Cheryl Holekamp "S" Judge,

Debbie Riehl-Rodriguez "S" Judge,

Julie Haugen, "r"



Welcome Back!

June

Gwen Poulin Clinic

Spring Run Farm, Prospect KY: 6/11-13

July

KDA USDF Sport Horse Breed Show: 7/9

KY Horse Park Covered Arena

Anne Moss, "R" Judge

NEW
Just added to
the calendar!

July

KDA Summer Classic I: 7/10

KDA Summer Classic II: 7/11

KY Horse Park Walnut Arena & Covered Arena

Anne Cizadlo "S" Judge, Renee Johnson "S" Judge,

Scott Peterson "S" Judge

August

KDA 14th Annual Schooling Show: 8/7

Masterson Station Park

Betty Ortlieb USDF "L - with Distinction"

2021 CALENDAR OF EVENTS

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

August

Lilo Fore Clinic: 8/5-8
Queenslake, Georgetown, KY



August

KDA USEF Western Dressage Lite Show: 8/28-29
KY Horse Park Dressage Complex
Cindy Butler USEF WD “R” Judge, Joann Coy USEF WD “R” Judge

October

KDA USDF Region 2 Championships: 10/7-10
KDA Fall Classic I
KY Horse Park Rolex Arena, Claiborne Arena, Stonelea Arena, Murphy Arena
Joan Darnell “S” Judge, Janet Foy “S” Judge, Hilda Gurney “S” Judge, Dolly Hannon “S” Judge, Sandy Hotz “S” Judge, Michael Osinski “S” Judge, Debbie Rodriguez “S” Judge, Ulf Wadeborn “S” Judge

November

KDA Year-End Awards Banquet: 11/13
The Red Mile, Lexington, KY

November

KDA Fall Schooling Show: 11/21
Spring Run Farm
Maureen John USEF “r” Judge

REMINDER:
USDF Competition Year
Ends Sept. 30
KDA Year-End Award &
Scholarship
Applications
Due Oct. 10

THE YOUTH SALUTE:

JULIA MAGSAM

How old are you? What grade are you in?

I am 17 years old, and I am both a Junior in high school and a freshman in college.

Where do you live?

I live in Sadieville, Kentucky. That's about 20 minutes from the Kentucky Horse Park.

When did you start riding horses? Why did you pick dressage?

I started riding when I was 10, and I had a beautiful pinto mare. I chose dressage because I am a perfectionist. With dressage I can be very picky about my test, and I feel like I can control my performance much more than in any other discipline.

Tell me about your horses.

Right now I have one horse. His name is Widespread Panic (Nemo) and he was a 4* event horse before I bought him. Nemo is a chestnut thoroughbred, and he definitely acts the part. At 20 years old, Nemo still has a lot of enthusiasm. We are working on second level right now, and I wouldn't want to spend my time on anyone else.



Who do you train with? Why do you like to train with this person?

I train with Nicole (Nikki) Levy. Nikki is one of the kindest, most selfless people I have ever worked with. I keep Nemo at her farm, and she allows me to ride her horses, and without her, I wouldn't know half of what I know now about dressage. She really cares about her horses and the people she works with.

What level are you showing?

I am showing at second level with Nemo, and I hope to finish out my bronze soon!

What are your goals for the 2021 season?

I have a lot of goals for this season, but the main one is to place at regional championships. I am also taking my HA for Pony Club, and I hope to get my bronze medal in the next year.

Why do you enjoy being part of the KDA youth club?

The KDA Youth Club is a really good way to meet other dressage people in the area. A lot of times, youth feel isolated in dressage because most competitors are adults. But the KDA Youth Club is a way to feel more connected.

What is the biggest challenge you have faced in your riding journey? How have you worked to overcome this?

The biggest challenge I have faced by far is not having 'horse money'. Because I can't buy the most expensive horses or pay for the biggest shows, I've really had to work to get where I am today. I've been a working student for about 5 years now, and it's made me a better horseman. I have been able to learn so much about the industry because of that, and I wouldn't want it any other way.

What advice do you have for young riders?

I would tell young riders to stop chasing blue and gold and start figuring out what makes you happy. Medals and ribbons won't make you as happy as you think they will, so enjoy the whole journey.

What do you see in your future?

I foresee myself being a very involved Adult Amateur. I absolutely love teaching and getting together with friends, so I would like to have a small barn with friends and young riders like myself.

What do you want to be when you grow up?

I am going to be a doctor when I am older. Right now I am thinking about anesthesiology, but I am open to other specialties as well. My biggest goal in life are to be happy and help others, so I will choose a specialty that helps me reach those goals. I am attending Georgetown College as a Junior in high school to make sure I can start my career early, and I am projected to be Dr. Magsam by the time I am 24!

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*Philesha Chandler riding Quaid Fight owned by Sara Goos and Shadyside Stables
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