

February 2018



THE COLLECTION

The Monthly Newsletter of the Iowa Dressage and Combined Training Association

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If you want to get involved in a committee, please contact one of the members listed!

PUBLISHING RATES for Clinics, Show Bills, & other ANNOUNCEMENTS

ANNOUNCEMENTS include clinics and shows. Member rates apply to clinics and shows sponsored by an individual IaDCTA member. Nonmember rates apply to clinics and shows sponsored by groups other than the IaDCTA.

CHANGE OF HAND is our classified advertising section. Each item is limited to a maximum of 20 words per month and each member is limited to 2 items per month.

CALENDAR OF EVENTS is our listing of local and regional events. It includes only the event name, date and contact information.

MARKETPLACE is our advertising for professionals and facilities. Submit any size listing for inclusion for the same rates as above. Ad placement will depend on size. A discount of \$10.00 per month applies to full page ads running for 6 consecutive months. Send all materials and announcements to:

Email: collectioneditor@hotmail.com

Mail: Katie Barrowcliff, 1330 44th St. Unit A, Marion, IA 52302

Please send payment for any submissions to Katie at the above address.

Materials are due by the 25th of each month and will not be printed until payment is received.

	Members	Nonmembers
Full Page	\$30.00	\$45.00
Half Page	\$25.00	\$35.00
Quarter Page	\$10.00	\$25.00
Business Card	\$7.00	\$15.00
Change of Hand	Free	\$5.00
Calendar of Events	Free	\$5.00
Marketplace	\$30.00	\$30.00
E-mail Blast	\$10.00	\$10.00



The following forms can be found
on the IaDCTA website
(www.iadcta.org):

- * Show Recognition Contract
 - * Membership Form
- * Betsy Coester Guidelines and Application
 - * Year-End Award Guidelines
 - * Sponsorship Form
 - * Meeting Minutes

*IaDCTA is a USDF
Group Member
Organization (GMO),
and all members are
automatically USDF
Group Members
(GMs). For USDF
Participating
Membership,
members must apply
directly to USDF.*

We're Online:

**www.iadcta.org or
visit our Facebook
page**



February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 Give your sweetheart (horse) a special treat today!	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17 It's your  lucky day!
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Become a member today and stay connected with your local dressage community!



YOUR CONNECTION TO THE LOCAL DRESSAGE COMMUNITY

By joining, you also receive complimentary issues of the award winning *USDF Connection*.





Membership New/Renewal & Horse/Rider Nomination Form

The Iowa Dressage & Combined Training Association (IaDCTA) is a USDF Group Member Organization (GMO). By joining IaDCTA, you become a USDF/GMO Member. USDF Participating Membership requires a separate USDF submission.

The membership and horse nomination year is from December 1 to November 30 of the following year.

Member Information: The member listed below will be the prime USDF/GMO member. Please print clearly.

Name: _____ Birthdate _____

Address (house/street): _____

City/state/zip _____

Phone: _____ Email: _____

Membership Type:

All Adult, Junior, and Family Memberships of IaDCTA will receive the IaDCTA Collection electronically and the USDF Connection magazine. In addition, members may compete in parts of USDF recognized competitions and are eligible for IaDCTA Year-End Awards. Only members can accrue volunteer hours for Year End Awards. Family Memberships receive two votes for IaDCTA Elections (By-laws age limits). Please circle one category below. Continue on the back as needed.

Category Fee- **Adult (\$45.00)** **Junior (\$35.00)** **Family (\$60 Primary + \$10 Each Additional)**

Name- Additional family members

Birthdate(s)

Horse/Rider Nominations: \$15.00 per Horse/Rider/Discipline Combination Horses may be nominated multiple times for different disciplines. Please see guidelines posted in the IaDCTA Handbook.

Rider **Horse Name** (For points, horse must be shown under the name below) **Discipline** (Circle one)

_____ Dressage/Eventing/ Western Dressage

_____ Dressage/Eventing/ Western Dressage

➤ **MAKING A DONATION TO IA DCTA:** *IaDCTA is a 501 (c) (3) non-profit organization. All donations are tax-deductible.*

Amount: _____ (If applicable) In Memory of/On Behalf of: _____

_____ **IaDCTA Betsy Coester Memorial Grant Fund for Education** – Fund supports grants for tuition at educational events.

_____ **IaDCTA General Fund** – Donations used to further IaDCTA's commitment to educating its members.

Checks payable to "IaDCTA" Total Due: _____ Check# _____ Date _____

Memberships can be mailed to: Nena Denman, Upland Farms, 21248 360th Street, Earlham, IA 50072-8016



Dolly Hannon Clinic

When: April 7-8, 2018

Where: Winds Reach Farm

Iowa City, Iowa



USEF 'S' Judge

USEF 'R'

Western Dressage Judge

USDF Bronze, Silver
& Gold medalist

USDF Certified Instructor



Space is Limited – Remit Payment with Registration by 2/28/18

Dinner with Dolly: Saturday night (4/7) - \$25

Clinic – rates are per day for 45 minute sessions and includes lunch:

IaDCTA Members:	\$150 private
	\$80 semi-private
Non-members:	\$170 private
	\$100 semi-private

Traditional or Western Dressage, coach/instructor participation encouraged

Audit Fee - per day: \$20/members; \$25/non-members

Q & A Session each day after rides

STALLS- \$35 for day stall, 50 for overnight stall, \$135 for full weekend (bedding included). Please contact **Bill Coester** for stall reservations
calbb@aol.com

Come join us in the indoor arena at Winds Reach Farm!
Entry forms can be found at <http://www.iadcta.org/>

For more information email

Or call/text Britni Taylor Taylor.Britni@gmail.com

Cell 515-402-0377

The Training Pyramid – Impulsion



Impulsion is the fourth level of the training pyramid and refers to the pushing power of the horse. As the horse progresses through his training, he will be asked to carry more and more weight on his hindquarter. As those muscles develop, the horse's ability to propel himself forward increases. In order to propel himself, the horse must adequately reach underneath his body with his hind legs.

Many things contribute to the horse's impulsion. First is musculature. The horse must be given adequate time and proper training to develop the muscles of the hindquarter. This can be achieved by performing exercises that require

the horse to use his hindquarter. Transitions within a gait (i.e. – collecting and extending) are a good way to increase impulsion. Using smaller circles (training level appropriate) and effective half halts also aid in teaching the horse to engage his hindquarter. The half halt essentially builds energy by momentarily slowing/stopping forward movement. A properly ridden circle forces the horse to step underneath himself while moving forward, thus developing the muscles of the hind quarter.

As with all parts of the training pyramid, impulsion takes time. It is imperative that the horse be relaxed in order for his hind legs to be free to step forward and underneath. The rider must have good riding position and be using the correct driving aids. The horse moves from the back to the front without being restricted by the rider's aids. The flow of energy must be such that it can move through the horse in an unrestricted manner.

Impulsion starts at the walk and carries through to the canter. If the horse does not have a good, supple and elastic walk, achieving impulsion will be nearly impossible. Good muscle and joint use is essential to impulsion and is developed in the early stages of training especially with regard to relaxation. Tension leads to less elastic muscles which yields an inability to reach underneath. If done correctly, the horse with impulsion will be able achieve greater focus and release nervous energy.

The Impulsion Level of the Training Pyramid is the beginning of the self-carrying portion of Dressage. This also includes Straightness and Collection. As the horse develops Impulsion, his strides will become more powerful, forward and elevated. This horse is accepting of the rider's aids and quick to respond.

Pyramid of Training



Ride Forward, Not Fast



With Karen Pavicic
By Jess Hallas-Kilcoyne

Impulsion is best defined as the channeling and controlled release of the energy in the horse's body which is created by the engagement of the hind legs. A horse that moves with impulsion gives the impression of contained power, with steps that can be described as lively and expressive, while maintaining total relaxation and softness through the body for overall elasticity.

According to dressage coach, trainer, and FEI level competitor Karen Pavicic, "A horse moving with impulsion will be relaxed, swinging through the back, and attentive to the rider." She describes impulsion as a cycle of forward-moving energy that is generated by the rider's legs and flows through the horse's body into the rider's hand.

"It is not possible to shape energy that you do not have, so riding your horse actively forward is essential," says Karen. But, she is quick to note, "Forward does not mean fast!"



Forward does not mean fast! Here, Karen and Don Daiquiri demonstrate the true impulsion that comes from the activation and engagement of the hind legs. Photo: Sheri Scott

“Impulsion means that the horse has more carrying weight on the hind legs,” she explains. “The rider’s leg activates the horse’s hind legs to track up underneath his center of gravity to better carry the weight of the rider. The cycle of energy flows from the horse’s hind legs stepping under, then up over the back, through the neck, poll, and mouth, and into the rider’s hands. The energy is then contained or shaped with the use of half halts.”

The ultimate goal is that the horse learns to move with impulsion on his own, but in the beginning, the rider will need to repeat the process of initiating the energy cycle, allowing the horse to carry himself in between. “The length of time that the horse is able to carry himself should gradually increase,” says Karen.

Strengthening exercises, such as riding over ground poles or cavaletti and hill work, develop the hindquarters, making it easier for the horse to move with impulsion. Be sure to introduce this work gradually to avoid overworking the horse and making him sore. Exercises that engage the hindquarters, such as leg-yielding and frequent transitions, are also excellent for developing impulsion.

Exercise #1: Frequent Transitions

Beginning in a forward, active working trot, ride a transition to walk, walk for two to three steps, and promptly trot on again. Similarly, in canter, ask for a downward transition and ride two to three steps in trot before picking up your canter again. When riding canter-trot-canter

transitions, always maintain the canter for at least half a circle before riding another transition to trot.



Impulsion is about the cycle of energy flowing from the horse's hind legs stepping under, up over the back, through the neck, poll, and mouth, and into the rider's hands. Photo: Christina Handley, www.ChristinaHandley.com

"Transitions are my favorite way to increase impulsion," says Karen.

"Repeating transitions multiple times fairly close together results in a better response to the rider's leg and hand, thereby increasing [the horse's] engagement."

"Some horses will respond quite quickly when you start riding the transitions closer together, and that can lead to the horse anticipating the transition," she warns. "If the horse starts to get tense or nervous, regroup, reestablish your rhythm, and start again making sure the horse is relaxed, swinging through the back, and attentive to the rider."

Don't forget about the importance of rider position when it comes to developing your horse's impulsion. "I often see riders sitting behind the vertical to try to increase impulsion," explains Karen, "but this prevents the horse from being able to lift his back and use his hind legs correctly." Without a soft, centered seat for the horse's back to come up into, the cycle of energy is interrupted.

If you have any doubts over whether your horse is moving forward with impulsion or just rushing, check with Karen's Counting over the Cavaletti exercise.

Exercise #2: Counting over the Cavaletti

Place two cavaletti, or ground poles, about 40 meters apart (the precise distance is not overly important) down the long side of the ring. Ride over the cavaletti in a working trot or canter, counting the number of strides your horse takes in between. The next time around, ride over the cavaletti in lengthened trot or canter, and count the strides again.

"You can also count the strides between two letters in a dressage ring," says Karen. "If the horse is truly lengthening his stride, the number of strides will be fewer."

If the strides are not fewer, your horse is likely moving faster rather than with impulsion.

"Going faster means that the horse will take short, quick strides because the weight is on the forehand," Karen explains. "When the horse has impulsion, the strides are actually longer and he gets more air time. He's transferring that energy forward in a more positive way."

"The engagement and propulsion of the hind legs creates suspension in the stride and increases the lightness of the shoulders, thus enabling the horse to lengthen his stride," she continues.

"Impulsion refers to the thrust of the hind legs and the more thrust the horse has, the better the horse will be able to do a lengthened stride. Then, later on, the medium and extended gaits are developed out of the lengthened stride."



Photo: Genia Ply Photography

About Karen Pavicic

Karen Pavicic is a National Coaching Certification Program Level III dressage coach who trains at Centre Line Stables in Richmond, BC. She has successfully trained numerous horses to the FEI level and won many accomplishments in national and international competition. Highlighting Karen's 20-plus year career at the international level is her nine years as a member of the Canadian Equestrian Team, during which time she was a member of the Canadian silver medal-winning team at the 2007 Pan American Games in Rio de Janeiro, Brazil. Karen continues to train and compete, representing Canada in the international dressage arena riding Don Daiquiri, co-owned by Jayne Essig, and London Z, co-owned by Lynda Holl. www.kpdressage.com

This article originally appeared in the October 2012 issue of Canadian Horse Journal as part of "3 Takes on Training: Impulsion - Eagerness of Energy."

Main Article Photo: Shutterstock/Pirits

Members and Horse Nominations 2018

Updated 12/17/2017

*Rookie- First year of IaDCTA or USDF GMO membership

Junior Member

Numbers are supplied to the best of current knowledge

Discipline Designations – D (Dressage) E (Eventing) WD (Western Dressage)

Member	IaDCTA #	USDF #	Horse Nomination	Discipline
12/01/17 Rhea Allen	10411	201898		
12/16/17 Linda Anderson	10476	153204		
12/01/17 Melinda Antisdell	10189	43022		
01/02/18 Katie Barrowcliff	10338	179287		
12/01/17 Mary Curran	10108	17057		
12/01/17 Nena Denman	10111	7624		
12/01/17 Lauren Doty#	10496	215746		
12/01/17 Mala Erickson	10413	167003	12/01/17 Trusted	D
01/04/18 Mandy Fales-Williams	10497	193849	01/04/18 Huckleberry Finn	D
12/01/17 Carmela Feldman	10325	177741	12/01/17 Chesed Celeste	D
12/01/17 Leonard Foley	10167	family		
12/01/17 Molly Foley	10168	family	12/01/17 Athaena*M*	D
12/01/17 Patricia Foley	10169	12072	12/01/17 Athaena *M*	D
01/13/18 Amber Garthwaite		10473		
12/01/17 Sharon Greif	10480	190138	12/01/17 Raja Mazarado	D
12/01/17 Mary Hanson	10484	161944		
12/26/17 Katherine Hawley*#	10515			
12/11/17 Jane Heck	10258	164175	12/11/17 Darius	D
12/01/17 Richard Hildreth	10468	family		
12/01/17 Michele Kalsem	10487	42849		
01/20/18 P J Koehler	10176	Family		
01/20/18 Tom Koehler	10177			
12/01/17 Julie Kuhle	10130	43616		
01/29/18 Carol Linnan	10131			
01/29/18 Maleah McGrew#	10509			
12/11/17 Paula Meyer	10135	45060	12/11/17 Bravissimo 12/11/17 Rhoyal Bugatti	D D
12/01/17 Tracy O'Dell	10437	73994		
12/11/17 Ashley Paul *	10513		12/11/17 Graystone	D
12/01/17 Lois Pienkos	10430	26700		
12/01/17 Carmen Pierce*	10485	214562		
12/01/17 Catherine Ross-Garron	10422	206061	12/01/17 Ghiradelli	D
12/01/17 Chloe Speck*#	10512			
12/01/17 Robin Sprafka	10467	120147		
01/28/18 Carie Steinkamp			01/28/18 Tempo Five	D

12/20/17 Robyn Scanlon*	10514			
12/05/17 Camie Stockhausen	10154	30347		
01/28/18 Emily Stout				
01/29/18 Sally Tracy	10494			
01/05/18 Heather Swinarski	10439	102379		
12/01/17 Tamara Swor*	10474	67335		
01/24/18 Britni Taylor	10457	210200	01/24/18 Italian Monarch	D
12/15/17 Amanda Towery	10451	204621		
12/01/17 Derith Vogt	10309	114270	12/15/17 Helen Poco Beuno 12/15/17 Lucina	D D
01/24/18 Katherine Wilson	10252	119684	01/24/18 Walmondo OSF 01/24/18 Baymax	D D
01/13/18 Meredith Watters	10161	8878		
01/04/18 Laurel Williams#	10498	193848	01/04/18 Huckleberry Finn 01/04/18 Huckleberry Finn	D E
12/01/17 Barbara Zukowski	10166	16104		
	laDCTA	USDF		

Did you know that as a member...

...you have full access to an extensive online database dedicated to dressage education?



YOUR CONNECTION TO THE LOCAL DRESSAGE COMMUNITY



laDCTA Mission Statement:

To encourage & support interest in dressage & combined training by providing:

- ◇ Educational Opportunities
- ◇ Competitions
- ◇ Information
- ◇ Acting as liaison with USDF & USEA
- ◇ Marketing of all laDCTA activities throughout the state & region.

In Brief

Letters to the Board— laDCTA is welcoming its *Collection* readers to submit any concerns or kudos to collectioneditor@hotmail.com.

Change of Hand— Due to members not notifying editor when items sell, all items will run for two months and then be removed unless member notifies *Collection* editor.

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