

THE COLLECTION

IaDCTA Newsletter



In This Issue

TIP Program

Nominate your Horse for Year End Awards

Virtual Ride A Test

Spring Ahead Schooling Show Forms and Class List

From Training Level to Top of the World by Natalie DeFee Mendick

New Award for Eventing Starter

Ask The Judge with Amy McElroy

Banquet—Dr. Quinn’s Top Ten and New Board

MEMBER SPOT LIGHT
Tom Koehler

A Quick Trip to Florida
By Connie Conis

Calendar of Iowa Dressage and Eventing Shows

Book Review

USDF Schooling Show Series

Treasurer’s Report

Thoroughbred Incentive Program

2022 Thoroughbred Incentive Program

Iowa Dressage and Combined Training Association applied for recognition and awards from the Jockey Club’s Thoroughbred Incentive Program (T.I.P.) for the IaDCTA Championship Show in September. For the T.I.P. program, a Thoroughbred is defined as any horse that has been registered with the Jockey Club. Thoroughbreds that are registered with the Jockey Club and have raced (OTTB) or have not raced are eligible for T.I.P. classes and awards.

You must obtain a T.I.P. number for each horse/owner combination. The T.I.P. number is horse/owner specific and the card issued to you will show proof of eligibility at participating horse shows.

IaDCTA members with eligible thoroughbreds interested in the T.I.P. program may sign up at this website <https://tjctip.com/APPLYTIPNUMBER>

Sign up for this program soon and be ready for the show season!

IaDCTA Spring Ahead Schooling Show April 9th Middle River Ranch, Winterset Enter by April 5th

Class list and entry page 2

Nominate Your Horse for Year End Awards

Don't forget to nominate your horse for the 2022 Year End Awards Program. We look forward to an active year of dressage and eventing.

There are only two steps to qualify for the IaDCTA Year End Awards.

First be a member! Second– nominate your horse before you start showing!

Log into the IaDCTA website IaDCTA.org with your membership name and password. Then click the Nomination button at the top. You can nominate your horse in any of the disciplines listed– dressage, western dressage, sporthorse, or horse trials. Each nomination costs \$15. Scores can be easily submitted through an online portal beginning this summer. **PLEASE NOTE: You must nominate your horse prior to receiving a score that will be submitted for year end awards.**

Virtual Ride A Test with “S” Judge Jodi Ely April 1-30, 2022

Jodi Ely will be reviewing the tests for us. Jodi is a USDF Gold, Silver and Bronze Medalist, and specializes in Dressage and Eventing. Jodi is a USDF "R" dressage judge, a WDAA "R" Western dressage judge, a USEA Future Event Horse (FEH) and Young Event Horse (YEH) judge.

Members should email their information to Rhea at cello2002@hotmail.com, including the You Tube link for their video, name, phone number for text message, and what test they are doing.

Rhea will check and make sure the link works, and send info to Jodi Ely in real time as each entry comes in. Rhea will provide Jodi a copy of the test along with the rider information.

Jodi will print out the test and score it on paper. Jodi will record her additional oral comments on her phone and send to Rhea.

Rhea will scan the paper tests and email to each participant and forward the text message with the comments to each participant.

Tests may be submitted from April 1- April 30. We will try to get the tests and comments back within 10 days. Jodi is traveling toward the end of the month, so earlier is better for response time.

The videos do not need to be done in an actual dressage arena, but should be in an area approximately the size of an arena with something to mark the letters. Record from "C," if possible.





**Iowa Dressage and Combined Training Association
Spring Ahead Schooling Show**
Saturday, April 9th 2022
Middle River Ranch
2972 214th Trail, Winterset, Iowa
Celebrating the Sport of Dressage in Iowa

ENTRY DEADLINES April 5, 2022

Ride times will be posted on the IaDCTA website & Facebook the evening of April 8, 2022

Judge: Nena Denman –

USDF “r”, USEA “r”, WDAA “R”

Manager: Derith Vogt & Rhea Allen

Assistant Managers: David Law & Mary Wood

Secretaries: Carmen Pierce & Anne Sushko

Payment:

Checks payable to “IaDCTA” and sent to:

Carmen Pierce 13226 NE 104th Maxwell, IA 50161

Entries payable on-line through IaDCTA.org (Show Fees) or PayPal (IaDCTA405@gmail.com)

SHOW INFORMATION

Tentative Schedule:

Beginning 8:00 AM on Sat. Apr. 9th-Arrival, Check-In, Schooling in both show and warm up arenas.

Beginning 9:00 AM on Sat. Apr. 9th- Competition begins. Warm up ring available (5 horses at a time.)

Earlier arrival may be arranged with Robin Sprafka.

Scores may be used for IaDCTA year-end awards. Horse and rider combination must be nominated prior to the competition ride.

Post entries will be taken if scheduling permits for a \$5 post entry fee per class.

Volunteers- Contact Rhea Allen

The hours will count for this year.

Cello2002@hotmail.com

Covid 19 Requirements –

- **Facemasks must be worn correctly by all in attendance when not mounted.**
- **Social distancing must be practiced.**
- **Please limit groups to 4 or less people.**
- **Hand sanitizers will be available.**

FEES – class fees on show bill – see page 2

\$5.00 - Office Fee (nonrefundable)

\$5.00 - Late Entry Fee (per class)

\$50.00 – Returned Check fee

\$20.00 - Non-Competing Horse Fee

\$15.00 - Non-Member Fee (per rider - per show)

STABLING – Contact Robin Sprafka (515-462-3000)

Limited stabling available

LODGING – Covered Bridge Inn (515) 462-4888

Cobblestone Inn and Suites (515) 462-4889

SHOW INFORMATION

USEF rules and USDF/WDAA/USEA apparel and tack guidelines are to be followed.

Designated hours will be posted at the show office for use of the warm-up area and show arena. Riding on the show grounds prior to or after the posted designated times is by permission only.

The release/waiver form must be signed by riders and/or their parents in a form acceptable to IaDCTA.

Warm up area- No children are allowed in the warmup area that are not entered in the show. Competing children in the warmup area must be accompanied by their parent (or designated responsible adult).

No jumping of horses in the warmup area.

Show is open to any interested individual. Membership/Horse nomination application may be submitted with entry.

For safety reasons all mounted riders and handlers are required to wear an ASTM approved safety helmet with harness fastened and boots with heels.

Awards-Classes awarded to 6 places. High Point award in each division. Iowa Classic Ribbons presented to the highest 6 scores of the show

Refunds – Refund requests after the closing date must include a veterinary statement of inability to compete.

Entry limitations - Horses may only enter two consecutive levels even if ridden by different riders. Horses are limited to four Dressage tests per day (excludes equitation/freestyle/in hand/multi-rider tests).

Show recognition – The show is registered with the **USDF Regional Schooling Show Awards Program.**

Medical Facilities – Madison County Memorial Hospital 300 W Hutchings St. Winterset IA (515) 462-2373
Cedar Creek Animal Clinic 2057 210th St. Winterset IA (515) 462-3200

For Emergency – Dial 911 from a phone with a local area code.

IaDCTA Schooling Show 2022

- Divisions-**
- Junior (Jr)- ages 14 and under
 - Young Rider (YR)- ages 15-21
 - Adult Amateur (AA) as defined in USEF rules- ages 22 and over
 - Open (O)-may be entered by anyone.

Test of Choice (TOC)-Specific level and test need to be declared. This class is placed as a group.

Sport Horse- Handlers/Rider must be age 14 or older.

Sat Class#	Class Name	Division	Fee
IA	Introductory Test 1	JR/YR/AA/Open	\$20
ITC1	Introductory TOC- Specify test	Open	\$20
ITC2	Introductory TOC – Specify test	Open	\$20
T1	USEF Training Test 1	JR/YR/AA/Open	\$20
TTC1	USEF Training TOC- Specify test	Open	\$20
TTC2	USEF Training TOC – Specify test	Open	\$20
F1	USEF First Level Test 1	JR/YR/AA/Open	\$20
FTC1	USEF First Level TOC-Specify test	Open	\$20
FTC2	USEF First Level TOC – Specify test	Open	\$20
S1	USEF Second Level Test 1	JR/YR/AA/Open	\$20
STC1	USEF Second Level TOC-Specify test	Open	\$20
STC2	USEF Second Level TOC–Specify test	Open	\$20
3TC1	USEF Third Level TOC-Specify test	Open	\$20
3TC2	USEF Third Level TOC – Specify test	Open	\$20
4TC1	USEF Fourth Level TOC-Specify test	Open	\$20
4TC2	USEF Fourth Level TOC – Specify Test	Open	\$20
FEITC	FEI TOC-Specify test	Open	\$20
W1	WDAA Introductory Test 1	JR/YR/AA/Open	\$20
WITC1	WDAA Introductory TOC-Specify test	Open	\$20
WITC2	WDAA Introductory TOC–Specify test	Open	\$20
WB1	WDAA Basic Test 1	JR/YR/AA/Open	\$20
WBTC1	WDAA Basic TOC – Specify Test	Open	\$20
WBTC2	WDAA Basic TOC- Specify test	Open	\$20
W11	WDAA Level 1 Test 1	JR/YR/AA/Open	\$20
W1TC1	WDAA Level 1 TOC-Specify test	Open	\$20
W1TC2	WDAA Level 1 TOC-Specify test	Open	\$20
W21	WDAA Level 2 Test 1	JR/YR/AA/Open	\$20
W2TC1	WDAA Level 2 TOC-Specify test	Open	\$20
W2TC2	WDAA Level 2 TOC-Specify test	Open	\$20
W35TC1	WDAA Level 3-5 TOC-Specify level & test	Open	\$20
W35TC2	WDAA Level 3-5 TOC-Specify level & test	Open	\$20
PDTC	Pas De Deux TOC- Specify level & test	Open	\$10/rider
QTC	Quadrille TOC- Specify test	Open	\$10/rider
SHA	Sport Horse In Hand-Am Handler	Age 14 or older JR/YR/AA	\$20
SHIH	Sport Horse In Hand(W/Yr, 2+)	Age 14 or older Open	\$20
SHUS	Sport Horse Prospect Under Saddle	Age 14 or older Open	\$10
DE	USDF Dressage Equitation	JR/YR/AA/Open	\$15
WE	WDAA Dressage Equitation	JR/YR/AA/Open	\$15
EVTC1	USEA TOC- Specify level and test	Open	\$20
EVTC2	USEA TOC – Specify level and test	Open	\$20
MFTC	USDF/FEI Musical Freestyle TOC	Open	\$20

The Judges Box - From Training Level to Top of the World



A FRIEND IN HIGH PLACES: After judging at the 2020 Tokyo Olympics, US FEI 5* dressage judge Janet Foy shared her knowledge in a continuing-education judges' seminar.

Just a few weeks after judging at her first Olympics, the 2020 Tokyo Games in July 2021, US FEI 5* dressage judge Janet Foy shared her knowledge in a continuing-education seminar for judges organized by the Colorado-based Rocky Mountain Dressage Society (of which Foy is a founding member). The event was sponsored by the USDF's GMO Education Initiative, with the mission to promote educational events within USDF group-member organizations (GMOs) across the country. Additional financial assistance was provided via a grant from The Dressage Foundation's Edgar Hotz Judges Fund.

Although judges were the target audience, GMO-member auditors were welcome, too. Those who **turned out for the September 7 event were treated to many tips geared toward understanding the workings behind judging a test—and how to make a good ride great.**

ANATOMY of a SCORE

Removing some of the mystery behind scoring, Foy explained the methodology that judges use in arriving at a score for each element of the dressage test. The formula goes like this:

$$Q (+/- B) (+/- E) (+/- M) = \text{Score}$$

Foy explained: "You first look at the big picture, starting with the quality of the gaits (Q). Then you consider the basics—in other words, the training scale, depending on the level (B). Next comes the essence of the movement (E) and then a modifier (M), which can move the score up or down."

She gave the example of how she might score a trot stretching circle, which is required at both Training and First Levels. Foy's hypothetical horse started with an 8 (Q) for the movement because of its good gaits; but its open mouth, which indicated an issue with the contact (-B), dropped the score to a 6. However, the horse did stretch out and down nicely, thereby demonstrating the essence of the movement, which boosted the score to a 7 (+E). Finally, such details as geometry and consistency can move the score up or down (modifiers); her hypothetical rider unfortunately rode the circle as an oval (-M), so the final mark for the stretching circle ended up a 6.5.

Get the Most out of Your Test Sheet

The comments in each box on the test sheet address the most important concept(s) the judge would like to convey, given the limitations on how much a scribe can write in a short period of time, Foy said.

The USDF L Education Program teaches judges that they must provide a comment for all scores of 6.5 and below. Foy encourages judges to employ vocabulary that provides constructive information that riders can use to improve. She also encourages judges to use the full range of marks, from 0 to 10, although she recognizes that it's not easy to hand out low scores.

"Riders may not realize the pressure judges are under. Everyone recognizes 8, 9, 10," she said.

"Lower marks are harder, especially 4 and below. Sevens are boringly wonderful."

The collective marks are comprehensive scores and comments given at the conclusion of the test: in the US Equestrian national-level tests, for Gaits, Impulsion, Submission, Rider's Position and Seat, and Rider's Correct and Effective Use of the Aids. Foy's advice to competitors: "The more impulsion you have, the more submission you need. Don't ask for so much that you lose your submission; the smart rider knows where the line is."

With a smile, she added: "The 'rider's position and seat' score is the 'bathing-suit contest'—how you look on the horse, and the 'rider's correct and effective use of aids' score is the 'talent contest'—how you ride and present the horse."

Time to Move up? Or Not?

In the US, dressage competitors may show at any level they choose, and "we often see riders moving up before they are ready," Foy said. She encouraged riders to be honest with themselves: "Can I do the movements of the test with ease? Is my horse strong enough? In correct balance?"

If you're consistently earning scores of around 65% at the highest test of the level, she said, that may be an indication that you and your horse are ready to step up to the next level. But be sensitive to your horse's limitations: Some excel at the lower levels but may not be physically able to perform comfortably at the upper levels.

Ride Smarter

The average-moving horse can score just as well as the extravagant mover on such "non-brilliance" movements as turn on the haunches, halt, rein back, and simple change, Foy said. If you "ride smarter" by perfecting these movements at home, you'll raise your test scores.

Showmanship—learning to ride the test for maximum visual effect—is another part of riding smarter. This includes such aspects as showing clear transitions into and out of the medium gaits.

"Use your corner, straighten, and then sell it," said Foy. "If you show two clear transitions, the judge will love it. Don't just cruise along and bore the judge."

It also includes "know[ing] your horse and what your horse can do. Don't override something the horse can't do well; it will result in a lower score. If you push a weakness for an 8, you'll get a 4 instead of a 6. Know where you can make up for it in other parts of the test."

Showmanship also includes learning how to carry on when things in the ring don't go as planned.

"Stay on course when all goes wrong; do not go back and redo. The judge can only score the first attempt. If you go back and do a movement again, you will also receive an error deduction on your score at the end," Foy said. "As a rider, it's really important that you know where the lines are once you have a mistake," she said, meaning which elements are included in each numbered movement on the test sheet. "Keep the mistake within that box so that a discussion with the horse doesn't continue into the next movement. You have 10 points waiting for you in the next box."

Widen your Horizons (Even on the Cheap)

Foy reminded the audience that the US Equestrian and *Fédération Equestre Internationale* (FEI) rule books are filled with free information regarding the test movements and what the judges are looking for. Besides studying the rule books, she recommended attending dressage clinics and benchmarking excellence by watching top riders on such streaming platforms as Germany's Clip-MyHorse.tv, which is available for a small subscription fee.

"Never stop learning," she said. "I'm still learning as a judge. Be open to having that moment when things click."

For in-person coaching, Foy advised finding an instructor who works well with both you and your horse.

"There are many roads to Rome. Figure out which trainer works with how you learn and function. You have to find the right fit for yourself," she said. "Each horse is an individual, so you sometimes have to train in different ways. Find a trainer whose system works for your horse."

Continued.....

Collaboration

Collaborative communication among judges elevates the sport as a whole. For example, major FEI dressage championships now feature a Judges Supervisory Panel (JSP), a group of 5* judges and international trainers selected from the global dressage community. As Foy explained, the JSP views the competition from a control room in real time and also has access to immediate playback, to help ensure that judging standards are clear, fair, and equitable. Discussion amongst the ground jury and the JSP educates and raises standards worldwide. In addition, upgrades in judging software enable judges on a panel to alert one another of concerns during a test, such as a horse that appears unsound or the presence of blood having been detected.

Onward and Upward

Dressage is an Olympic sport, so horses and riders must be held to the same standard around the world, Foy said. This means that national-level excellence is the same as international-level excellence: Judges should use the same criteria, whether they're at a small local show or the Olympics.

Judging standards themselves have been raised to emphasize correct, classical training over tension-fueled extravagance, Foy said. "The judging trend to reward brilliance that results from suppleness and harmony, not tension, shows that we recognize good training. It's interesting to see how things are changing. We all love this sport and want to make it better, so we have to work together to do this." And like so much in the sporting world, the bar in dressage is continually being set higher. "A 60% today is not the same [level of achievement] as 30 years ago. Sixty percent in the past would get you on a team. Now it's a 75%."

And while we enjoy this beautiful sport of ours, Foy encourages judges and competitors alike to "be nice to one another. Thank your volunteers and show managers. We need to be grateful."

Special thanks to Rocky Mountain Dressage Society education chair Mary Jo Hoepner and RMDS office manager Beth Geier for organizing this continuing-education seminar.

Natalie DeFee Mendik is an award-winning journalist specializing in equine media. Visit her online at MendikMedia.com.

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New Year End Award Division added for 2022!!!

We are happy to announce the addition of **Starter Division** to our Horse Trials line up of awards. Make sure to nominate your horse if you are interested !

Out and About ...

Eventing Showcase at Bruce's Field in Aiken



Members : Alex Novotny-Pasker, Amanda Steffen, Meaghan Marinovich-Burdick, Chris Heydon, and Mary Curran



Meaghan on Riviera Lu at the Showcase



Shannon Soot on Horizon at Tamarack Spring Show



Camie Stockhausen on Cactus Star at Full Gallop



Chris Heydon on Shotzie at Full Gallop Farm



Meaghan with Alex Novotny-Pasker at Full Gallop



Meaghan with Riviera Lu at their first FEI win at Red Hills International HT 3 This lucky young stadium course volunteer got to keep the big blue ribbon!*



Evan Fleck on Ari at Full Gallop



Amanda Steffen on Spot at Full Gallop



Hannah Jungling on Lucina at Sand Hills Farm



Derith on Lu at Hitchcock Woods



The Greenbriar Riding Academy Crew at IEC : Geline St John, Mary Hansen, Jackson Williams, Sue Keller, Kali and Shannon Soot, Robin Ballantyne, Ashlyn Ward, Adalynn Nelson, David Law, Carolyn Woodring,

Ask the Judge Questions about Dressage With Amy McElroy



Amy McElroy is an FEI competitor, and a USEF S judge. She is qualified to officiate at any USEF recognized national show at all dressage levels. She rides, trains and teaches at Fair Lane Farm in Aiken and judges between 15 and 20 dressage and eventing shows each year.

Dear Amy,

I will be wintering in Aiken this year with my two horses and I am planning to be competing at a few recognized events and dressage shows. Would you please provide an update on any new dressage rules and changes for the 2022 competition year?

Getting Ready

Dear Ready,

How lucky that you will get to spend the winter in our wonderful horsey town. This competition year does have many changes in both the event and dressage divisions. I would be happy to share the most important changes that will go into effect as of December 1, 2021.

First, let's take a look at Eventing dressage divisions changes. If you haven't already heard, this is the year the eventing tests change. As of December 1, 2021, competitions will only be using the new 2022 tests. These tests stay in effect for the next four years (through 2025.) All the new tests can be found online on the USEA website as well on various other sites.

The biggest change on all the event dressage tests is a reduction in the collective marks. There will no longer be the standard four collective marks: Gaits, Impulsion, Submission, and Rider. Instead, the new format calls for a single collective mark. This collective mark is valid for all the new tests from Starter (a new category) through Advanced level. The new singular collective mark is referred to as Harmony of Athlete and Horse. That means your final mark is based on the directive of "a confident partnership created by adhering to the scales of training." This collective will have a coefficient of two, meaning that it counts double. Since it is a reflection of your whole ride, your number should be similar to the numbers you have earned in your test. For example, if most of your movements earn you a 5 or a 6, you would not likely see an 8 for your collective; it would more likely be in the 6 range. This singular collective was actually introduced in 2020, but at that time was only adopted in the test.

The Starter division, new for 2022, has just one test. Beginner Novice, Novice, and Training will once again have two different tests, Test A and Test B. The Modified division has become so popular over the last four years that they have added a third test to that division: now there are Modified A, B, and C tests. The Preliminary and Intermediate divisions have also added a third, C test. Another change: Preliminary B will use a small arena (20 x 40) rather than a large arena (20 x 60) as in previous tests, with the Preliminary C test designed for a full-sized arena. The movements in the new tests are similar to those in the old ones, but they will occur in different places and the geometry of the tests is different.

If you are planning to compete, it is always advisable to review the current rules in the rulebook under the Eventing Division. I hope you will get to try out some of these new tests. I am looking forward to seeing how they ride.

Continued on next page.....



On to the Dressage division. Dressage tests themselves will not be changing until December 1, 2022. (Both eventing and straight dressage divisions have new tests every four years, but they are on a slightly different schedule.) The greatest changes you will see in the rulebook are under “DR120” the dress code rules. The new, less restrictive, dress code rules apply to all levels and classes at all USEF/USDF shows, including the Regional Championships.

According to the USEF 2022 rulebook, protective headgear is always mandatory, but you may have your helmet color match your coat. Contrast coloring, accents, and crystal decoration are also allowed on your helmet. As in the past, a short riding jacket or a cutaway coat (a modified tailcoat) with short tails is allowed at any level. But the rules on color have been changed. Whereas in the past, jackets or coats were required to be “of conservative color,” now any single color jacket (Fourth Level and below), or tailcoat (above Fourth level) is allowed, and may have subtle pin striping, checks, or tweeds. Tasteful and discrete accents and decorations are acceptable, but striped and multi-colored jackets or coats are still not permitted. Shirts and stock ties can be any color, but if worn without a jacket, your shirt should not have a bold pattern, and you may not wear a stock tie if you are not wearing a coat. In the past, breeches were required to be white or light, but now they may also be dark and may even have contrast piping. However, bright colors or patterns are still illegal.

When it comes to riding boots, in any tests below Fourth level you may wear tall boots or paddock/jodhpur boots with half chaps of a matching the color (these used to be allowed only up to First Level.) Tall English-style boots are required above Fourth level. Field boots are also permitted. Boots of coordinating color with or without accents are also permitted.

Although the new rules give you more choices, they are not actually relaxed. In fact, in some ways they are stricter because now you will be eliminated for dress code violations. This used to be at the discretion of the judge, but as of 2022, it is mandatory. So, if you have any questions about whether your attire is permitted, be sure to check with the technical delegate of the show before your ride. It is always up to the rider to know and understand the current rules.

So many colors to choose from, and so many opportunities to show off your individual taste and style! Expect to see fewer white shirts, white ties, and white pants with black boots, black coats, and black helmets. It’s 2022: Time to express yourself!

It’s going to be an exciting competition year with all the new event tests and the new, fun dressage attire. Enjoy your winter and I hope to see you come down my centerline.

Amy McElroy

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Annual Banquet, Awards, & Election Results

From our new President Rhea Allen...

As your new IaDCTA president, I want to take the opportunity to thank everyone who attended the Annual Awards Banquet. Dr. Aaron Quinn gave an excellent presentation entitled, "Top Ten Mental Strategies to Improve Riding." Dr Quinn provided his outline for the benefit of anyone who was unable to attend, and for those who might want to review.

We had 47 attending the banquet and were able to raise just over \$600 with the silent auction. Thank you so much for everyone who participated. Congratulations to our 2021 awards winners. You can find the list of awards and photos from the banquet on the IaDCTA WEB SITE as well.

I want to encourage all members and potential members to feel free to contact me or any of our board members with questions or suggestions. We are looking forward to not only better weather, but another full season of camaraderie, competition, education, and fun!

Rhea Allen

Dr. Aaron Quinn's Top Ten

1. **Know Your Why** : Top performers know their purpose. Label your purpose, make your purpose present. *Practice : Daily Reflection*
2. **Believe X3** : Positive beliefs are central to positive performances. Self, others and future. "I AM good enough." *Practice : Write evidence daily*
3. **Mentally Healthy**: No health and no success without emotional health. Improves through therapy, medication, exercise, sleep, living consistent with your why. *Practice : Assess at least monthly using DASS-21, PHQ and/or GAD and develop a personalized plan to improve your numbers.*
4. **Healthy**: Healthy people do 6 core things daily; good sleep, eat fruits and veggies, no substance use, daily exercise, low stress, and healthy relationships. *Practice: Challenge yourself to do at least 5/6 daily.*
5. **Goals**: Performances improve with targets. Set SMART foals. *Practice: Develop your own goal sheet each year with 2-4 goals*
6. **Develop a Plan, Practice It, Measure How Well it is Working**: Once goals are set, you need a plan to reach those goals, and you need to know how well the plan is working. *Practice: Write down specific behaviors that will help you reach your goals and alter behaviors that are not delivering results.*
7. **Be Present**: The more present you are in performance, the more you will succeed. *Practice: Breath counting, Sit comfortably and breathe in for 5 seconds, and out for 5 seconds .Repeat 5 times. Complete 10 sets of 5 breaths.*
8. **Be Confident**: Shockingly confident performers perform better . *Practice confidence. Imagine it, practice positive self talk, reflect on others who are similar and successful.*
9. **Talk Positively**: You are what you think you are . *Practice: Learn Cognitive Behavioral Therapy. Thought recognition and structuring.*
10. **Resilient**: Successful people fail more and they bounce back quickly. *Practice: When you fail, relax, be aware of your thoughts, edit your outlook, set your new target.*

Board Members for 2022

Rhea Allen President

cello2002@hotmail.com

Derith Vogt VP

Nena Denman Treasurer

Carmen Pierce Secretary

Melinda Antisdell

David Law

Tobi Sharon*

Mary Wood

** denotes new member*



Recap – 2021 Year End Awards

At the IaDCTA Annual Meeting and Awards Ceremony, the following rider/horse teams were recognized with Year End Awards. The first step in qualifying for 2022 Year End Awards is to nominate your horse before competitions begin.

Junior Division

Intro Dressage 1. Adalynn Nelson and Quickerthanliquor 2. Bryanna Kalsem and Velvet

Training Dressage 1. Carolyn Woodring and JP 2. Dahlia Mohr and Ames Kinky Affair

Eventing Novice Evan Fleck and In Living Color

Western Basic Jackson William and Buzz

Amateur Division

Eventing – Beginner Novice 1. Julie Kuhle and Orion 2. Amanda Steffen and Mardi Gras Magic

3.. Erika Lekwa (Kuroski) and JC Turner Burner

Walk-Trot Dressage 1. Susan Keller and Pete 2. Cindy Niebuhr and Baron From Creekside 3. Tobi Sharon and Azora

Intro Dressage 1. Leslie MacBride and Fritz 2. Kaelin Schildmier Saffire Star 3. Terri Rocca and King Colonel

Training Level Dressage 1. Leslie MacBride and Fritz 2. Amber Garthwaite and Jax of All Trades 3. Kaelin Schildmier and Saffire Star 4. Mary Hansen and Bachante 5. Lisa Grove and Norbren

First Level Dressage 1. Derith Vogt and Lucina 2. Molly Foley Severn and Remington

Western Dressage Intro 1. David Law and Jake 2. Rhea Allen and MHR's Camelot

Western Dressage Level 1 Tom Koehler and Rowdy Yates

Amateur Handle 1. LeAnn Nelson and Earendale WHF 2. Cassie Stowe and DLR Dreammaker

Sporhorse in Hand 1Cassie Stowe and DLR Dreammaker 2. LeAnn Nelson and Earendale WHF

Open Division

Walk Trot Dressage Daniele Kalsem and Vixen 2. Jaimie Westrum and Windsor's Mishka Ma

Intro Dressage Michele Kalsem and Sparkle

Training Level Dressage Lisa King and Peyton

First Level Dressage 1.Meaghan Marinovich on Bellatrix owned by Jenny Tyler 2. PJ Koehler and This Magic Moment 3. Connie Conis and Pan 4. Geline St. John and Clancey 5. Michele Kalsem and Peyton

Second Level Dressage PJ Koehler and This Magic Moment

Eventing – Beginner Novice Meaghan Marinovich and Autograph owned by Michele McCarty Woods

Meaghan Marinovich and Tiz True owned by Michele McCarty Woods

Eventing – Intermediate Meaghan Marinovich and Riviera Lu

The following rider recognition awards were presented:

Michele Kalsem – First Level - Silver

Leslie MacBride Intro Level – Gold Training Level- Gold

Lisa King – Training Level - Gold

Dani Kalsem Walk Trot - Gold

Bryanna Kalsem Intro Level Gold

PJ Koehler First Level- Gold medal and Second Level - Gold

Kaelin Schildmier Intro Level- Silver and Gold and Training Level - Gold

The High Point New Member of the Year Award was presented to Meaghan Marinovich Burdick



Out going President Julie Kuhle and Rookie of the year Meaghan Marinovich-Burdick



In coming President Rhea Allen



Rider Recognition Medal Winners: PJ Koehler, Lisa King, Michelle, Bryanna, and Danni Kalsem, Kaelin Schildmier



Meaghan Marinovich-Burdick. PJ Koehler, Connie Conis, Geline St John, Michelle Kalsem



AA Winners: Julie Kuhle, Tobi Sharon, Cindy Nienbuhr, Kaelin Schildmier, Connie Conis, Lisa Grove



AA Winners: Derith Vogt, Molly Foley-Severn, David Law, Tom Koehler, Rhea Allen, Leanne Nelson, Cassie Stowe



Dahlia Mohr and Bryanna Kalsem



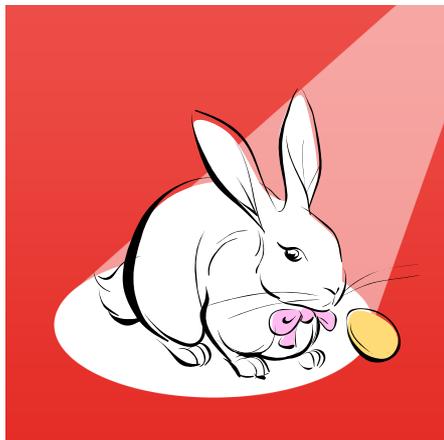
Terri Rocca



Jamie Westrum, Dani and Michele Kalsem, Lisa King

Member Spotlight on Tom Koehler

I did not start riding till I was 22. I took western lessons on a great old one-eyed horse named Twenty Grand. At the time I weighed over 225 and had little balance but Twenty took care of me. I had always wanted to ride and found I liked it to the point I was taking four to five lessons a week.



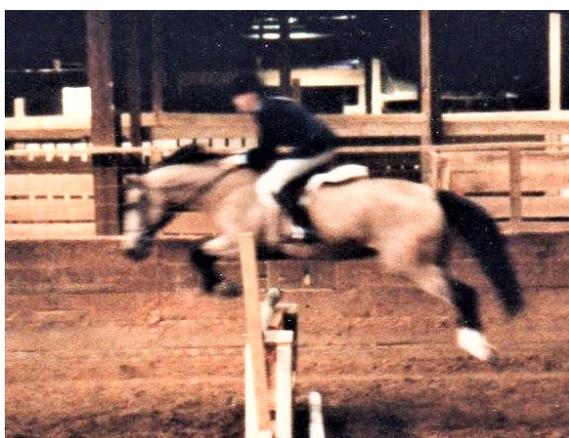
The son of my teacher had the training barn at the arena and told me he had a horse come in on trade that would suit me, and it would be cheaper than paying his dad for five lessons a week. He showed me Rough Road, AKA Mr. Buck, a 13- year- old Buckskin with great breeding and it was love at first sight. \$500 and he was mine. Rowdy Yates has been great, and we are pals and I hurt every time I see him in pain from his disorder that he came down with this past year, but Rough Road will always be my favorite.



Tom and his horse Rowdy Yates at Maffitt Lake EC

I started out riding and showing western pleasure as that was what Rough Road had done on the quarter horse circuit. He was that perfect horse you get once but always keep looking for another. Six to seven days a week I was at the barn and eventually working there part time. When my dad was dying of cancer, I had to spend a lot more time in our business. Mr. Buck was getting bored and missing his attention. Bobby Dryer the hunter trainer at the barn had started a new program in conjunction with a girl's school and needed more safe lesson horses. He called to ask if it would be ok to use buck to help out and relieve Buck's boredom. I said that would be great. After a few weeks Bobby was warming Buck up before the girls got there and decided to see if Buck would take a cross rail, they had been just using him for flat work. Buck took to it and liked it.

After going to watch one day when the girls were having their lessons and seeing how Buck liked it, I decided I should take English riding up. This led a few years later to his being Missouri Buckskin Association Champion Jumper at age 21. He was the reason I met PJ, my wife, as were at many hunter jumper shows together.



Tom and Buck

I started riding traditional dressage after we had lived in Massachusetts for a time where my wife became interested in dressage. I started riding western dressage when somehow, I just looked too big on Rowdy in traditional dressage dress and tack. He seemed more comfortable with it.

Since I don't have anything to ride now my plans and goals for the coming year are open. I am hoping to get my 26-year-old Dutch Warmblood mare "Cleopatra" back in riding condition so as our ages come to 100 we are eligible for centurion classes.

I ride for my health, mental and physical, and for fun. When I school, I am serious about it and showing is just a way to see if me and my teammate Rowdy have accomplished our goal or worked out a problem. Because PJ is a professional with college and years of training with great professionals, it is a passion. For her nothing less than 110 percent effort will do. This can be a challenge at shows as she is much more intense than I am. On the other hand, we don't mind the time and effort it takes to get ready and do shows. She is always there to offer help if I want it.

Tom and Rowdy



Tom and Buck



Tom and Rowdy Yates at Iowa Equestrian Center at Kirkwood College



MY WEEK IN WELLI- WORLD BY CONNIE CONIS



A week in Welli-World I recently had the wonderful opportunity to travel with a good friend of mine to Wellington for 5 days. Our main priority was to visit her horse that is staying in Wellington with our trainer, Missy Fladland. Our other priority (well, mine in particular) was to soak up as much knowledge and education as I possibly could. I was determined to turn my brain into a sponge and simply learn. Now, I'm sure a lot of you have been to Wellington, but if you haven't you should know that Wellington is the city where civilization revolves AROUND the horses, and not the other way around. There are sand trails along the road lined with horses being lead to and from the show grounds. There are barns snuggled into every patch of woods, and folks from all over the world arriving to enjoy the sunshine and train in the beautiful weather. There are tack stores in every direction, and everyone is there for the same reason.... Horses. For a small town Iowan, I was in heaven. There was so much talent and training in one square mile that I could have sat in awe for 5 days straight just watching people ride. I had the pleasure of watching Missy train and ride the horses that were there with her for the winter, and I picked up a lot of insight and education simply by watching her ride her horses. However, I was determined to get some hands-on education while I was there and so after reaching out to some folks I knew in the area, I was able to line up a few lessons on schoolmasters during my stay (Unfortunately Missy doesn't have lesson horses in FL with her, so I had to outsource).

Now, I had some intentions for my lessons before going into them. I'm schooling 3rd level pretty comfortably at home on the horse I'm developing, Rummy, however I'm hung up on a few things that I really wanted to focus on during my stay in Wellington, simply because Rum and I are hitting that level where I'm also not educated in training the movements... in short, we are both green beans at this point in our dressage journey. My first two lessons were with Grand Prix rider and biomechanics specialist Leif Aho of Paradigm Dressage. Leif is incredibly talented at focusing on rider position and effectiveness in the saddle. The horse I rode the first day was Ebay - a ~12year old warmblood gelding that had a successful jumping career before settling down and climbing the ranks of dressage. Leif's first lessons are always very position focused, making his riders very aware of what their bodies are doing when, how, and why. This lesson was an eye-opener for me, especially as I start to ask for things that require smaller and clearer aid in my riding at home. We spent a good portion of the lesson doing basic things such as really focusing on my core during sitting trot, canter, and making sure my shoulders stay wide with my collar bones advanced. We also focused ALOT on breathing and simply being aware of where the horse's feet are at all times during the ride. While the work itself was very basic, it was very necessary and important to make sure I was using myself in the right way before we asked for more.



Connie aboard schoolmaster "Andy" owned by Lief Aho

My second lesson with Leif was on his very generous and kind retired CDI gelding, Andy (gray horse pictured). I have to say, Andy was truly a saint. We spent day 2 honing in on the questions I had pertaining to my riding back home as far as developing the "second trot" that starts to appear in the mid-levels of dressage. We focused solely on my body during the aids, including how much weight I was feeling in my hands, core, and leg. Leif and Andy were able to break down the aid for the "second trot" and were able to give me exercises at home for Rum so that I can train it correctly and slowly. I just have to say - if you've never ridden a passage/piaffe - it is FUN. Secondly, I mentioned to Leif I am beginning to develop my changes on Rum here in Iowa, and I really wanted to focus on the aid and how I can ride the changes clearly and effectively, making Rum's job easier as he learns the changes himself. I haven't been on many school masters in my life, and I have to say - when it comes to the changes, sitting on a school master is incredibly helpful. Andy not only was obedient and very forgiving in the changes, but he would call me out for every mis-guided or accidental aid I was giving him due to not being conscious of where my legs were. That was SO helpful! It made me realize just how much my lower leg moved the canter without me even knowing I was doing it. We schooled some 4's, 3's, a few 2's and even a small line of 1's (okay, I had quite a few un-planned 1's during my ride because I really wasn't mindful of my leg - thank you Andy for letting me know). Overall, Leif/Andy/Ebay were incredible teachers, and I will certainly be headed back to the barn when I make it back down there.



Connie aboard schoolmaster "Vital" owned by Alexandra Duncan

My third lesson in Wellington was with International rider Alexandra Duncan on her horse Vital (bay horse pictured). Among their other success's, Alex and Vital were the winners of the Tryon World Cup Grand Prix in 2017. To have the ability to sit on a horse of this caliber was an honor in itself. Vital was also an excellent teacher. He amplified the things that Andy pointed out in my riding. I needed to be conscious of my lower leg, and how I was using my seat and my thigh and my core. I was also able to work on some changes and aid clarity when asking for the changes. Not only this, but Vital helped me learn exactly HOW in balance the canter needed to be for a good change and the quality of the canter needed to achieve clean changes. At the end of my lesson Alex had Vital and I work briefly on piaffe and passage (did I mention above that piaffe and passage are FUN to ride??). This really emphasized how to use my seat correctly and also helped give me a few tools to add more loft in my trot on my personal horses at home. Having the opportunity to sit on horses with knowledge of the top levels of dressage was an experience I have hoped for my entire riding career. The ability to focus solely on myself was something I needed and will continue to need during my riding journey. It's incredibly rewarding to begin to understand how each piece of the dressage scale comes together to form these beautiful movements that we see in the upper levels of dressage. Not only this, but it really motivated me to enjoy my journey in dressage even more at home as I develop Rum and any horse after him. As they say "It's not just about the destination, but about being present and enjoying the journey".

Happy Riding, friends!

Connie/The Amateur Professional



SAVE THE DATES !

IaDCTA Spring Ahead Show to be held at Middle River Ranch

April 9, 2022

MARCH

4-6 Sport Horse Show **dressage** IEC Kirkwood, <https://tamarackstablesiowa.com>

APRIL

Cedar Rapids

9 IaDCTA Show **dressage** MRR, <https://iadcta.clubexpress.com>
Winterset

23 Wulf Run Farm Series **dressage, CT** Davenport slbequestrian@gmail.com

30-1 LRE Spring Eventing Show **eventing** Leighton lreventing01@gmail.com

MAY

7-8 Maffitt Lake Fantasy Show **dressage** MLEC, <http://maffittlakeequestriancenter.com>
Cumming

7 Catalpa Corner One Day **eventing** CCHP, <http://www.catalpacorner.org>
Starter through Modified Iowa City

JUNE

4-5 BCF School and Show **eventing** Solon [Bent Creek Farm | Facebook](#)

11 WRF **dressage, CT and derby** Davenport slbequestrian@gmail.com

11-12 Maffitt Lake Classic I&II **dressage** MLEC, <http://maffittlakeequestriancenter.com>
Cumming

18-19 Maffitt Lake Fantasy Show **dressage** MLEC, <http://maffittlakeequestriancenter.com>
Cumming

JULY

9-10 LRE Summer Eventing Show **eventing** Leighton lreventing01@gmail.com

16-17 BCF School and Show **eventing** Solon [Bent Creek Farm | Facebook](#)

30-31 Two Rivers Classic **dressage** MLEC, <http://maffittlakeequestriancenter.com>
Cumming

AUGUST

6-7 Catalpa Corner Charity HT **eventing** CCHP, <http://www.catalpacorner.org>
Iowa City

20 WRF Series **dressage, CT and derby** Davenport slbequestrian@gmail.com

27-28 BCF School and Show **eventing** Solon [Bent Creek Farm | Facebook](#)

SEPTEMBER

3-4 Maffitt Lake Fantasy Show **dressage** MLEC, <http://maffittlakeequestriancenter.com>
Cumming

9-10 Tamarack Schooling and Show **dressage** IEC Kirkwood, <https://tamarackstablesiowa.com>
Championship Show Cedar Rapids

24-25 LRE Fall Eventing Show **eventing** Leighton lreventing01@gmail.com

OCTOBER

9 BCF School and Show **eventing** Solon [Bent Creek Farm | Facebook](#)

Ride of Her Life

The True Story of A Woman a, her Horse, and Their Last-Chance Journey Across America by Elizabeth Letts

A book review by Derith Vogt

Annie Wilkins was from Minot Maine. She had been married twice , worked in a shoe factory, done a stint in a traveling show telling stories, and farmed. At 62 she lived with her “Uncle” Waldo trying to eek out a living farming. Her life was as hard as it gets. When she was hospitalized for flu like symptoms, all of her animals except her dog, were sold to help pay some of her hospital bills. While she was never given a solid diagnosis, it was more than likely her old run in with TB acting up again. She had most likely contracted it while working in a shoe factory when she was younger. She was given 2 to 4 years to live.

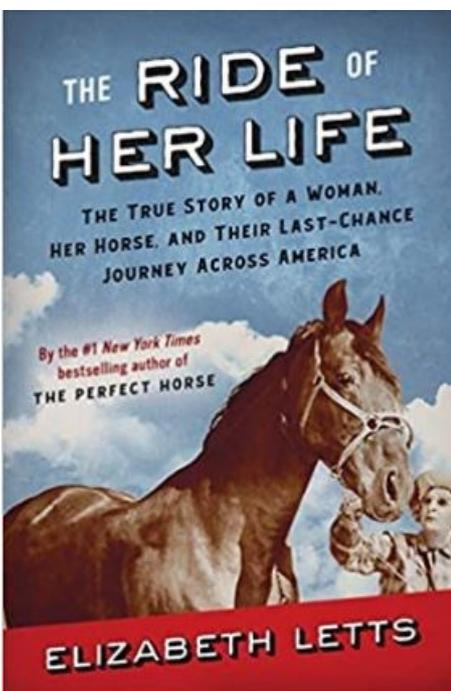
In 1954 a single older woman without family of employment had few choices. The golden age of farming had passed. Where she lived there was no telephone or television to help her to realize that where she lived was no longer the norm for the rest of the country. Her mother often said, You know, we should just quit this place. Hitch a horse up to a buggy and head out west. Out to California. I would love to see the Pacific Ocean just once in my life.”

The urge for going is strong in people. Annie sold the farm for the back taxes , and with that seed money set out to purchase a riding horse. On November 4th she realized that she had nothing to hold her back. She knew she was not well educated or wealthy but she knew who she was. The one thing she did have was courage.

In 1954 things were changing fast. Newspapers reported increasing traffic fatalities. There were lightbulbs for “longer evenings”. There were all manner of modern conveniences available. It was the golden age of television. Modern communications meant that news would travel fast going from local to national. She knew she was not riding for herself ; she was carrying other people’s hopes and dreams along with her. When she left Minot, segregation was still the law of the land. By the time she got to California, the civil rights era had started. From her father she remembered, “Keep going and you will get there.”

Local news stations started to interview her along the way and word of her journey spread. People were still willing to invite a stranger into their homes for a meal and a place to sleep as were local police stations. Local riding clubs would often wait for her to arrive to their town, and while they were completely unlike her, the love of horses transcended all boundaries.

Annie’s journey is a fascinating read. Like the restlessness that has driven so many to our shores, Annie realized that you could still do it. You could get on a horse and ride off into the sunset. And you were not alone-you were with your horse and that is what it is to be a rider.



Available through Amazon Books used from \$14.23- \$17.99 and Barnes and Noble, Hardcover \$23.49. Costs estimated and may change.



UNITED STATES DRESSAGE FEDERATION™

USDF 2022 Regional Schooling Show Awards Program Rules

General Information:

1. Program year is December 1 through November 30.
2. Scores may be earned in any USDF region.
3. Late nominations, scores and applications will not be accepted.

Rider Eligibility & Requirements:

1. Rider must have a USDF Group Membership that is recorded by the Group Member Organization (GMO) at the time the scores are earned.
2. Riders affiliated with an International GMO must declare a USDF region.
3. There are no membership requirements for the owner of the horse and no USDF non-member fee is required. USDF Group Membership is only required for the rider.
4. Horse must have at least a USDF Horse Identification Number at the time the scores are earned.
5. Nominations of horse/rider combinations, along with the \$35 nomination fee, can be made at any time during the program year. The deadline to submit a nomination for the program year is **December 21, 2022 (after the 11/30 end of the program year)**.
6. Riders may change their division status during the program year. A rider's status will be determined at the end of the program year.
7. Riders must submit scores through the USDF website, and they may be submitted at any time during the program year. The deadline to submit a score for the program year is **December 21, 2022 (after the 11/30 end of the program year)**.
8. Results submitted by competition management are only used to verify scores submitted on the USDF website by the nominee.
9. Only USDF members in good standing are eligible to compete in the USDF Regional Schooling Show Awards Program and receive awards.

Award Divisions & Levels:

1. Four award divisions will be recognized per region:
 - a. Open: from the beginning of the calendar year the rider reaches age 22, not a USEF Adult Amateur (AA), not a non-professional.
 - b. Junior/Young Rider (Jr/YR): up until the end of the calendar year the rider reaches age 21.
 - c. AA: from the beginning of the calendar year the rider reaches age 22 and possess a current USEF AA card.
 - d. Non-Professional: from the beginning of the calendar year the rider reaches age 22, not a current USEF AA, not a professional.
2. Seven levels (freestyle, pas de deux and quadrille not included) will be recognized per division. Exception: only 6 levels are recognized in the open division:
 - a. Introductory (only in Jr/YR, AA and non-professional divisions)
 - b. Training
 - c. First
 - d. Second
 - e. Third
 - f. Fourth
 - g. FEI – combination of Prix St. Georges, Intermediate I, Intermediate II and Grand Prix scores.

3. Equivalencies listed in the current *USDF Member Guide* are eligible. Tests not listed as equivalencies will not be eligible.
4. Preliminary standings will be ranked using a median of all eligible scores and will be available on the USDF website.
5. Final awards standings will be based on the rider's region of primary residence in the USDF database as of November 30.

Score requirements:

1. Introductory Level:
 - a. Must have a minimum of **three** scores
 - b. From **two** different judges
 - c. From **two** different competitions
2. Training through Fourth Levels (levels may not be combined to meet requirements):
 - a. Must have a minimum of **three** scores
 - b. From **two** different judges
 - c. From **two** different competitions
 - d. At least one score must be earned from the highest test of the level
3. FEI Level (levels may be combined to meet requirements):
 - a. Must have a minimum of **three** scores
 - b. From **two** different judges
 - c. From **two** different competitions

Prizes:

1. Up to ten placings per division/level will be recognized.
2. Ribbons will be mailed to the rider.
3. Certificates will be available online.

Competition Management Requirements:

1. Any non-USEF-licensed/non-USDF-recognized competition may participate.
2. To participate, competition management must submit online application and \$25 participation fee to USDF at least 30 calendar days prior to the start date of the competition.
3. The prize list must be submitted to USDF no later than 14 calendar days prior to the competition.
4. Competition management is prohibited from charging competitors a fee for their scores to be eligible for the USDF Regional Schooling Show Awards Program.
5. Competition judges must be one of the following:
 - a. Current USDF L Graduate, with or without distinction, which has met USDF continuing education requirements and Safe Sport training.
 - b. USEF or retired FEI dressage judge.
6. FEI classes must be judged by USEF or retired FEI dressage judges or USDF L Graduates with distinction.
7. Competition arenas must be in compliance with US Equestrian DR126 for level 1 competitions.
8. All classical dressage scores must be submitted to USDF regardless if competition management was provided with USDF numbers for the riders and/or horses.
9. Competition results must be submitted to USDF as a .dat or excel file via the USDF Electronic Results Submission Standard (ERSS) format (using the USEF Universal Spreadsheet Template) or the simplified blank results template provided on the USDF website by no later than 21 calendar days from the end date of the competition.
10. A \$25 fee will be assessed for late competition results.

Treasurer's Report

March 2022

Beginning Checking Acct.Bal.	\$10,967.32		Total To
<u>CREDITS:</u>	This period:	Prior period	Date
Horse Nominations -Cash	\$125.00	\$205.00	\$330.00
Membership Dues - Cash	\$390.00	\$150.00	\$540.00
Club Express - Horse Nomination	\$15.00	\$137.48	\$152.48
Club Express - Membership	\$200.00	\$1,010	\$1,210.00
Sponsorships	\$0.00	\$30	\$30.00
Silent Auction	\$0.00	\$626.00	\$626.00
Award Fund - Raffle	\$0.00	\$0.00	\$0.00
Annual Banquet	\$0.00	\$1,378.87	\$1,378.87
Show	\$0.00	\$0.00	\$0.00
Clinic	\$0.00	\$0.00	\$0.00
Misc. Advertising/Arena Rental	\$0.00	\$0.00	\$0.00
Misc. King Queen	\$0.00	\$0.00	\$0.00
TOTAL CREDITS	\$730.00	\$3,537.35	\$4,267.35
<u>DEBITS:</u>			
Operations: Printing	\$0.00	\$37.96	\$37.96
Banquet DMGCC	\$0.00	\$1,366.71	\$1,366.71
Bank Fees - Club Express	\$30.75	\$162.03	\$192.78
Banquet Misc.	\$0.00	\$181.21	\$181.21
Championship Awards	\$0.00	\$417.73	\$417.73
Education - Clinic	\$200.00	\$0.00	\$200.00
Shows	\$0.00	\$0.00	\$0.00
Insurance	\$0.00	\$0.00	\$0.00
Membership dues-USDF	\$308.00	\$504.00	\$812.00
Conference, Convention, Meeting	\$0.00	\$0.00	\$0.00
Misc. - trailer license	\$0.00	\$0.00	\$0.00
TOTAL DEBITS	\$538.75	\$0.00	\$538.75
 NET INCOME	 \$191.25	 \$3,537.35	 \$3,728.60
RESERVES/DESIGNATIONS:			
Betsy Coester Grant	\$0.00	\$809.97	\$809.97
Clinic/Educational/Convention	\$0.00	\$411.00	\$411.00
ITBOA	\$0.00	\$0.00	\$0.00
 TOTAL RESERVES/DESIGNATIONS			 \$1,220.97
 SAVINGS	 \$0.00	 \$2,202.63	 \$2,202.63
Checking Acct Balance- current	\$11,158.57		
Total Reserves/Designations	\$1,220.97		
Outstanding Debts	\$58.00		
Daily Operating Balance	\$9,879.60		
 Checking			 \$11,158.57
Certificate of Deposit	\$0.00	\$11,315.61	\$11,315.61
Savings	\$0.00		\$2,202.63
Total Bank Balances			\$24,676.81