



# Alpha Dressage News

July 2022

## Suzi's Scoop

The show season is almost wrapping up, our last show before the summer is only a few weeks away on June 26<sup>th</sup>. Don't be too sluggish to get your entries in, our shows are popular, which is wonderful.

So, what do you all do with your horses in the hot and wet summer months? I'm curious to see what you tell me!

For me, it's an opportunity to take regular, longer trail rides and get out of the arena more often, but also to move a horse up to a new level or perfect that one movement or aspect of the test that's holding me back.

Ride times get shorter (and earlier) with short, intense bouts of work then quickly coming to stand in the shade and under the fan at the side of the arena to cool off, then back out to see if the horse remembered what I just taught him.

Unless you're one of the fortunate with a covered arena, which I am not, it's a balance of keeping the horse and rider cool enough to make the work productive. Convection cooling is at a minimum doing much of the higher level collected work so I make sure to intersperse the high collection with a brisk extended trot or canter to get the air flowing over their backs again. Plus, extended canter is fun and I like to ride it! (there's still an eventer and foxhunter in me 😊)

Water doesn't tend to run very cool in this area so I'm a big advocate of the wet-scrape-wet-scrape-wet-scrape technique to help bring their body temperature down after a ride and finish with a nice bracing Vetrolin rinse, all with the fan blowing.

For me personally, I love my cooling vest and I find the cooling scarves really helpful too.

Both horse and rider get electrolytes with unlimited water of course.

So that's some of an English girl's technique for summer riding in Florida, but how about some of you born and bred Floridians, care to fill me in on your own favourite ways?

I look forward to seeing you all soon at a future meeting or show, but for now, stay cool!

Suzi

## Alpha Dressage Officers

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### Vice President

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### General Secretary

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### Treasurer / Membership Secretary

Martha Koehnlein  
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### Social Media and Events Co-chair

Danielle Ammeson  
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### Members At Large

Betty Brown  
Leslie Emery  
Amanda Kopak-Hiser  
Danielle Monroe  
Angela Ridgway  
Sue Slaubaugh

We're on the Web!

*See us at:*

[www.alphadressage.org](http://www.alphadressage.org)

## Upcoming Events...

**June 26, 2022:** Schooling Show at Triple J – Heather Stalker (R & WDAA R)

**July 12, 2022:** General Membership meeting at the Fruitville library – 6:00 – 7:30 pm

**August 9, 2022:** General Membership meeting at the Fruitville library – 6:00 – 7:30 pm

**September 11, 2022:** Schooling Show at Triple J – Michelle Velasco, DVM, USDF L w/distinction, USEF r Western Dressage

**September 13, 2022:** General Membership meeting at the Fruitville library – 6:00 – 7:30 pm

**December, 2022:** Schooling Show at Triple J – Judge & final date TBD



## Event Roundup

Our next show is June 26, 2022 at Triple J. This show will be WDAA recognized as Heather Stalker, USEF R, WDAA R will be our judge! Entries are now open and this show will fill up fast! Do not wait to get your entries in depending on amount of interest we might be closing the show early!

## June 14 Membership meeting

As of this time we have not secured a location for a June general membership meeting. Watch your emails and our Facebook page for any updates. We have secured the library for upcoming meeting which are listed above. We are always looking for program ideas, so please share with any board member!

## Fun times with Freestyles

by Suzi Jennings

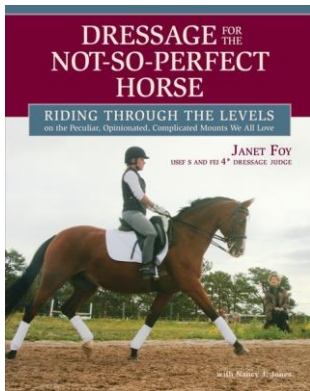
As many of you know, Musical Freestyles are one my of favourite things to do.

Having been awarded my USDF Silver Bar some years ago, it had been my hope to complete my USDF Bronze Bar last year with Tango, my lovely but ancient (22 year old) Dutch Warmblood. I pulled him out of recognized-show retirement, which I know he had mixed feelings about initially, but he got into the groove with it and helped me dance our way through our first, second and one third level score. We had unfortunate weather at one show which stopped us from getting a vital score and then lameness problems with both him (and me) slowed us down. This year I was very fortunate to be able to ride Farsiris (thank you to Aya Konstantinou) to complete my final score, and in the process won the Musical Freestyle Award in the name of Rosita Ornoff at the Fox Lea Farm Dressage Concours in May.

Let us hear your success stories too!

## Two Different Books, One Legendary Author

By Susan Smith



As an FEI 4\* judge, USEF “S” dressage judge, USDF “L” faculty member, USEF Sporthorse Breeding Judge, top competitor and charismatic educator, Janet Foy is an icon of the dressage world.

In addition to all of her multiple accomplishments, she is also an author of two dressage books published by Trafalgar Square: Dressage for the Not-So-Perfect Horse (2012) and Dressage Q & A with Janet Foy (2015).

Foy’s first book, Dressage for the Not-So-Perfect Horse, covers a generous range of subject matter across the levels. Part 1 begins with building a solid rider and training base and features movements up to second level. Part II of the book focuses on movements geared toward

Third and Fourth Level. Part III focuses on movements for Fourth level and above. Each dressage movement discussed includes a detailing description of the movement, the aids, common problems and their solutions. Throughout the book are “judging tips” and personal stories and photos of the author and her students which give the book a personal feel.

Foy’s second book, Dressage Q & A with Janet Foy, takes on a “presentation and discussion” format. In Part 1, Foy defines dressage terms in easy-to-understand language then follows with chapters pertaining to learning, teaching and training dressage. In Part 2 of the book, Foy addresses balance and the Training Pyramid, devoting a chapter to each step. She concludes each chapter of the book (with the exception of Chapter 1) with answers to questions she has been asked over the years in a Q & A section titled “Problems and Solutions”. The last chapters touch on dressage movements and showing. Throughout the book are quick little stories from other riders or from Foy’s own dressage journey. There are only a few figures (illustrations, diagrams, pictures) throughout the book and some answers refer the reader to her first book, Dressage for the Not-So-Perfect Horse.

To this reader, her books are very different from each other. I have had Dressage for the Not-So-Perfect Horse in my literary stable since it first came out in 2015. This book provides a wealth of knowledge, information, figures and is a great resource for trouble shooting issues. Her second book, Dressage Q & A with Janet Foy, unfolds in your grasp as if you are enjoying a Janet Foy clinic; listening to her discuss various topics and answering questions asked by an audience.

I am a huge fan of Janet Foy and hope someday to meet her in person. While I am waiting for that day, I will enjoy her books where her sunny, can-do, problem solving, positive attitude truly shine through.

## Alpha Dressage Classifieds

They're back! Any member may submit a brief classified ad for free each month. Send your text ad (no photos to save space) to [info@alphadressage.org](mailto:info@alphadressage.org)). Submission deadline is the 25<sup>th</sup> of the month to be placed in the next month's edition of the newsletter.

### Member Ads

Hulsebos Dressage Saddle WB4 17.5" MW. Customized 16" flaps. Extra padding in the pommel and skirt area . Wool flocking. Hulsebos 26 " shoulder relief girth included. \$2800. Perfect condition. Contact Debbie Sacks at 941-716-1000 or [Drmeles@aol.com](mailto:Drmeles@aol.com).

## No July Newsletter

There will not be a July newsletter. Watch for our next issue in early August.

## Reminder About Our Tribute Partners Program

By Donna Sloben

Alpha Dressage has partnered with Tribute Feed. The Tribute Partners Program allows Alpha Dressage to earn money for future events. Every proof of purchase tag (found at the bottom of the feedbag) is worth \$.25. Invoices for bulk feed are also eligible for this program.

Clarissa Cupolo has donated a bag full of Proofs of Purchase to the club to get us started. After spending several nights on my couch counting and bundling, the final count is 1,690. At \$0.25 per proof of purchase tag, the total amount we will be credited is \$422.50! Thank You Clarissa!

Do you currently feed your equine partner a Tribute feed product? If so, please consider saving your proof of purchase tags for Alpha Dressage. Bring them to a meeting, a show, a clinic or just hand them off to a board member.

The money can be used for anything the club chooses and will benefit our members by helping to keep your fees down!

# Volunteer Form

**\*\* 6 hours minimum required annually to qualify for Year-End Award \*\***

**Thank You for Volunteering – We Appreciate Your Time!**

**Please check in with the Office when arriving for your volunteer time.  
You must sign in to start your time and sign out when you are finished.**

**Please print all requested information below.**

Name of ADA Member: \_\_\_\_\_

Name of Volunteer: \_\_\_\_\_

(if different from ADA Member)

**NOTE: If you are donating your time, you must specify the ADA member name and then provide your name.**

Name of show/event attended: \_\_\_\_\_

Date: \_\_\_\_\_ Location: \_\_\_\_\_

Total hours worked: \_\_\_\_\_ Job(s): \_\_\_\_\_

**Return this form to the volunteer coordinator or office on the day of the show/event  
or mail it to: Donna Sloben./ 5317 Fruitville Rd./ Box 60 / Sarasota, FL 34232**

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Signature of the Volunteer Coordinator: \_\_\_\_\_

Suggested activities to complete the ADA requirement of 6 volunteer hours:

- Scribe
- Scorer
- Gatekeeper
- Runner
- Floater
- Arena Set-up
- Arena Change-over
- Arena Take-Down
- Volunteer on a Committee

\*Note: This form is also available on our website



## Alpha Dressage Association

### Membership application for 2022

Membership runs from Dec. 1, 2021– Nov. 30, 2022

NAME: \_\_\_\_\_  
Adult \_\_\_\_\_ Junior (18 & under) \_\_\_\_\_ Date of birth for juniors \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PREFERRED PHONE: \_\_\_\_\_

#### ANNUAL DUES

Adult: \$40.00 \$ \_\_\_\_\_

Junior \$30.00 \$ \_\_\_\_\_

Please enclose \$10.00 for a group subscription to HORSE & PONY \$ \_\_\_\_\_

(If wanted) TOTAL \$ \_\_\_\_\_

Please make checks payable to *Alpha Dressage Association*.

Alpha Dressage Association is a USDF Group Member Organization; its members are automatically USDF Group Members.

APPLICANT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

GUARDIAN SIGNATURE OF JUNIOR APPLICANT \_\_\_\_\_

Mail to:

Martha Koehnlein  
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941-320-7673  
[Koeh2337@gmail.com](mailto:Koeh2337@gmail.com)