



Alpha Dressage News

November 2022

Suzi's Scoop

How are you all? Last month was a doozie. I personally would have much preferred that Ian had not come to stay, he was definitely something of a trouble maker. I'm still trying to clear up from his visit, and what a time consuming and back breaking ordeal that is! I hope you all came through it without too much devastation, and I know we all hope not to repeat the experience anytime soon!

Our 50th anniversary year is almost at a close and we're going out with another big celebration show. Even if you're not going to enter, please think about coming to watch and volunteer. Since we didn't have a Halloween Show this year, the Freaky Free for All Freestyle is now the Festive Free for all Freestyle! December 4th at Triple J Arena. As a special gift to those of you who are entering we are letting your scores count towards your 2022 **and** 2023 year end awards – a double bonus! Don't forget that your 2022 scores need to be submitted by December 11th and you also need your 6 volunteer hours. Please note that we will be using the **NEW 2023** tests! If getting your music organized is too overwhelming, give me a call, I can help! Now you have no excuses to not participate 😊

So now, to help you get ready for the show, go ahead and sign up for the Clinic with Matt McLaughlin the weekend of November 12th and 13th. Spaces are filling up, don't wait until too late! I can't think of a better way to get familiar with the new tests than with Matt's help. Forms are at the end of this newsletter.

To continue our end of year celebration we will be having a Christmas meeting and party at Gecko's on December 18th. We will be voting in new members to the board so if you are interested in becoming a more active member we have 2 member-at-large positions to fill. Members-at-large attend the board meetings and serve on sub-committees to help the ADA officers accomplish all that we set out to do. It's not too arduous, feel free to contact me if you'd like to know more. And, put the Christmas Party date in your calendars!

I did get a very heartwarming number of responses to my query about who reads the newsletter. I've kept all your names and one lucky member will get a special prize at the Awards Banquet on January 28, 2023. If you didn't text me already, it's not too late!

That's all for now, as always read on to get the full information about the items I have mentioned here and check the calendar for the dates.

See you soon,

Suzi

Alpha Dressage Officers

President

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(256) 651-5950

adaentries@gmail.com

Vice President

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(941) 704-8280
dsloben@aol.com

General Secretary

Linda Roberts
(941) 773-4936

lindalroberts816@gmail.com

Treasurer / Membership Secretary

Martha Koehnlein
(941) 320-7673

Koeh2377@gmail.com

Social Media and Events Co-chair

Danielle Ammeson
(941) 321-2469

spitfirelover22@hotmail.com

Members At Large

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

We're on the Web!

See us at:

www.alphadressage.org

Upcoming Events...

November 12-13, 2022: Matt McLaughlin Clinic – details below

December 4, 2022: Schooling Show at Triple J – Marie MacDonald, L with distinction

December 18, 2022: Annual Meeting & Holiday party at Gecko's on Clark Rd. 1:00 – 4:00 pm

January 28, 2023: Awards Banquet at Palm Aire Country Club. Details to follow.



Event Roundup

Holiday Party & Annual Meeting – December 18th at Gecko's on Clark

Our holiday party will be held at Gecko's on Clark Road (5585 Palmer Crossing Circle, Sarasota). Of note, this is our annual meeting and we will vote on the upcoming year's board members.



We will have a cash bar and order off the menu. The tentative hours are from 1:00 to 4:00 pm, possibly longer. Save the date for now. All Alpha Dressage members and their families are welcome.

Please RSVP to Betty Brown by December 15th.

Bmb76101@verizon.net or 941-376-6230

New Membership meeting schedule

The board recently voted to change our meeting schedule to bi-monthly. The next meeting will be held December 18th, 2022 in conjunction with our holiday party. This will also serve as our annual meeting where we elect our board members.

Membership Renewal Time!

It's that time of year again. All memberships expire on November 30, 2022. If you plan on riding in the December 4th horse show and want your scores to count for the upcoming year you **must be a member** at the time you submit your entry. A form is located at the end of the newsletter.

New Dressage Tests available now

A new set of dressage tests are now available. These tests will be used starting with our December show. <https://www.usdf.org/downloads/forms/index.asp?TypePass=Tests>

Year End Awards Update

By Amanda Kopak-Hiser

As we are quickly approaching the end of this year's show season, we ask that everyone take a look to see if they have fulfilled their eligibility requirements to be in the running toward year end awards. With two shows left this show season, there is definitely still time for our members to do so! Even though our normal show season runs from December 1 through November 30, this year as a perk for our 50th Anniversary celebration, we will be including the December show in both the 2022 show season as well as the 2023 show season.

Following the December show, you will have until **December 10th** to be able to submit copies of the first page of your test sheets of your eligible scores to alphadressage@gmail.com. Remember, scores are NOT tracked by ADA, your submitted scores will be proof of your scores for the year. You will need 3 scores for Intro through Fourth Levels, or 2 scores for FEI levels to qualify. These scores must be from the same test level, from three different shows with the same horse and rider combination. Any test of the level can be used. The median score of the submitted test scores will be used to calculate your score and the year end award rankings. A median score of at least 58% is required to qualify for an award at any level.

Don't forget, there is also a volunteer requirement of 6 hours! If you volunteer at a show, please make sure that you sign both IN and OUT on the volunteer sheet or else we cannot give you credit for your hours. Year-end awards will be offered for the highest average score for Junior, Adult Amateur and Open divisions in the following categories:

- Prix Caprilli, Intro, Training, First, Second, Third, Fourth, Freestyle, Pas De Deux, Prix St. Georges, Intermediate I, Intermediate II, FEI Freestyle and Grand Prix.
- WDAA Intro, Basic, Level 1, Level 2, Level 3, Level 4, any level WDAA Freestyle
- Gaited Dressage Intro, Basic, Level 1, Level 2, Level 3, Level 4

For additional information about our awards program, you may check our website at <http://www.alphadressage.org>. If there is something you may not be clear on, please don't hesitate to ask before it's too late!

Artist Deb Herbert Featured

Deb, our very own member and artist extraordinaire, was recently featured in the [Florida Country](#) magazine. Deb has been a long-time member of ADA. Many of you may be familiar with her at our shows as she often has been our volunteer announcer. Congratulations Deb!

Hurricane Ian Update

Apologies from your editor, but the October newsletter was also a victim of Ian.

If you are local, you know exactly how hard our area was hit. Ian struck with a vengeance and many properties suffered extreme damages, flooding, torn off roofs, and destroyed trees and fences. I hope everyone has finally caught their breath and had a chance to get back to their normal life.



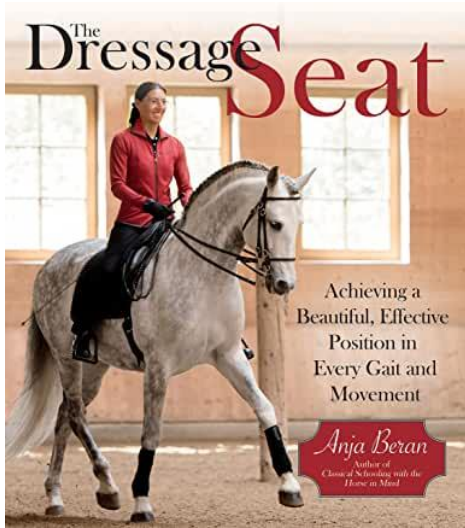
The Dressage Seat

Author: Author: Anja Beran
Trafalgar Square
Published 2015, Translated to English 2017

I love this book.

I love it because:

- 1) It is not just another bland instructional manual.
- 2) You do not need a PhD in human physiology to read and understand it.



The first part of this work is a comprehensive, well written discussion on all aspects of the rider's seat and position. Beran discusses the rider's seat for each gait, through transitions and proper use in movements basic to advanced. She covers position pitfalls and how to avoid them. Beran even includes small pieces on breathing and the psychological aspect of riding.

The second part of Anja Beran's book includes expertise from Physiotherapist Veronica Brod. This section, supported with lots of illustrations and photos, is a "deep dive" into the rider's posture with practical exercises and stretches performed "out of the tack" to improve rider mobility, stability and coordination.

The last few pages of the book feature "Posture Puzzles" that test your knowledge and eye. I wish there were more....I would read an entire book of these!

Beran's book is a gem and definitely worth a read (or a place of honor in your pantheon of dressage book favorites). Her writing is smoothly readable, clear and in-

depth. Her "voice" as an author is similar to being in a private lesson, a refreshing change from authors that get so deep in the minutia of physiology that they miss conveying the substance of the subject at hand.

Happy Reading!
Susan Smith

Alpha Dressage Classifieds

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. Submission deadline is the 25th of the month to be placed in the next month's edition of the newsletter.

Member Ads

2022 Russian Orlov (warmblood) filly by Boris of Solstice out of Firefly of Solstice. This filly possesses all of the unique characteristics of this rare breed. They have the talent of a warmblood (in a slightly smaller package), the quiet temperament of a quarterhorse, the beauty of an Arabian and an incredible desire to please their human partner. This filly should mature to about 16 hands, will probably grey and be registered with the Orlov-Rostopchin Sporthorse Association (www.orlov-rostopchin.org). Offered at \$9500. Will be weaned by September 1, 2022 Contact Robin Segó at 941-735-1136 or Sego1@juno.com.

ALPHA DRESSAGE ASSOCIATION

PRESENTS

A DRESSAGE CLINIC WITH

MATT MCLAUGHLIN

Dates: November 12 and 13, 2022

Closing Date: November 5, 2022

Location: 2679 Ranch Club Blvd

Myakka City, FL 34251

Contact: Robin Segó

2679 Ranch Club Blvd

Myakka City, FL 34251

941-735-1136

Sego1@juno.com

Fees: The cost of the clinic is \$120/ride for members and \$135/ride for non members. Auditing is free. Lunch will be provided. The registration fee is non-refundable – you will be responsible for finding a replacement for your time slot or forfeit the fee.

Payment: Pay by Venmo or send a check payable to Alpha Dressage Association to: Robin Segó, 2679 Ranch Club Blvd, Myakka City, FL 34251

Negative Coggins: Copy of current negative Coggins is required with registration.

Approved helmets MUST be worn by all riders while mounted.

Riders under the age of 18 years must be accompanied by an adult while on the clinic grounds.

REGISTRATION FORM

Name: _____

Address: _____

Phone Numbers: _____

E-Mail: _____

Horse (s): _____

Preferred Ride Time(s): _____

Fees:	First Ride :	\$ _____
	Second Ride:	\$ _____
	Total:	\$ _____

RELEASE OF LIABILITY

ALPHA DRESSAGE ASSOCIATION

I, the undersigned, wish to participate in the Alpha Dressage Association event on November 12 and 13, 2022 at 2679 Ranch Club Blvd, Myakka City FL, a property owned by Robin and John Segó. I understand that during portions of this event I will be in close proximity to one or more horses under circumstances which may expose me to some risk of injury, because of the nature of horses, the facility, and the activities in which I will be engaged.

In consideration of the Alpha Dressage Association and Robin and John Segó allowing my participation in this event, I, on behalf of myself, and my heirs, administrators, personal representatives, assigns and children and spouse, if any, do hereby agree to hold harmless, release and discharge Alpha Dressage Association and Robin and John Segó, which includes its officers, directors, members, agents, representatives, affiliates and insurers, of and from all claims, demands, causes of action and legal liability whether known or unknown, anticipated or unanticipated, due to the ordinary negligence of Alpha Dressage Association. I shall not bring any claims, demands, legal actions or causes of action against Alpha Dressage Association or Robin and John Segó for any damage or loss due to bodily injury, death or property damage arising out of my participation in this event.

WARNING

Under Florida law, an equine activity sponsor or equine professional is not liable for an injury to, or the death of, a participant in equine activities resulting from the inherent risks of equine activities.

Signature of Participant

Date

Signature of Parent of Guardian
(If participant is a minor)

Date

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**

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 2023

Membership runs from Dec. 1, 2022– Nov. 30, 2023

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

EMAIL ADDRESS: _____

STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PREFERRED PHONE: _____

ANNUAL DUES

Adult: \$50.00 \$ _____

Junior \$40.00 \$ _____

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
490 Percheron Circle
Nokomis, FL 34275
941-320-7673
Koeh2337@gmail.com