



Alpha Dressage News

November / December 2023

Hello everyone,

I have lots of highlights to share with you this month.

Annual elections: At the Annual Banquet we will also be voting on our Board of Directors for the coming year. It looks like there will be 5 vacancies on the board at the end of this year with 5 board members continuing. We welcome and need members with interest in serving on the board. Opportunities to contribute new ideas and energy for the coming year exist for board members and volunteers alike. Alpha is working hard to host more activities and keep improving our shows and clinics. If you would like to help steer the direction going forward, please reach out to me or another board member.

Awards Banquet: For the banquet we are changing things up this year and have decided that all members will **dine for free!** Dinner is on us. It's our way of thanking you for your support, volunteer hours, and membership. Understandably any additional guests you choose to bring will need to pay. Further details can be found in the newsletter. RSVP by December 4, 2023. RSVP here → <https://forms.gle/GgipiBfVck7QLx62A>

Lauren Sprieser Clinic: Alpha is sponsoring a clinic with Lauren Sprieser (www.spriesersporthorses.com) on January 6 & 7, 2024 at Rancho del Zorro in Punta Gorda. Lauren is a USDF Bronze, Silver, and Gold medalist and Grand Prix competitor with a broad base of experience training horses and riders of all levels. She is effective, encouraging, and funny. With support from Alpha, the cost to ride with Lauren will be \$160 for members and \$200 for non-members. Lunch for riders and auditors will be provided by Alpha. Sign up will be through Equestrian Entries – look for emails with more information coming soon.

GMO membership renewal: It's that time again. Time to renew your GMO membership. A form can be found at the end of this newsletter. We'll also take memberships and payment at the banquet to make it super easy for you to support us.

Alpha Dressage Officers

President

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Treasurer / Membership

Secretary

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Members At Large

Betty Brown
Amanda Kopak-Hiser
Sara McCartney
Angela Ridgway
Susan Schoettle

We're on the Web!

See us at:

www.alphadressage.org

Upcoming Events

December 9, 2023 (Sat): ADA awards banquet and Annual Meeting – Cooper's Hawk 12:00 – 3:00 pm

January 6 & 7, 2024: Lauren Sprieser clinic at Rancho del Zorro – Details below

January 10, 2024: Unwanted Gift Exchange and Party at Betty Brown's home

January 14, 2024: Schooling show at Triple J – Michelle Velasco DVM, USEF r, USDF L with distinction (WDAA)

February 18, 2024: Schooling show at Triple J - Bill Woods, USEF/USDF R

March 17, 2024: Schooling show at Triple J – Heather Stalker, USDF/USEF R & WDAA R

September 15, 2024: Schooling show at Triple J - Lynn Newton , WDAA R

October 27, 2024: Schooling show at Triple J – Halloween Freestyle - Charlotte Trentleman, USEF S, USEF R (for Western)

November 17, 2024: Schooling show at Triple J – Judy Downer, USEF/USDF S & WDAA R

December Annual Awards Banquet

Many of you competed at our shows and your hard work is about to be rewarded! The awards committee has been busy shopping and customizing some great swag for you. For those who did not show, don't worry... There are some great door prizes and giveaways in the works.

So, put December 9th on your calendar for our upcoming awards banquet and Board elections. We'll be meeting at Cooper's Hawk restaurant from 12:00 to 3:00 pm.

We'll dine, conduct our elections, and then enjoy a wonderful rewards presentation. Did you catch, **the cost of your dinner is free to all members!** Guests and family members are welcome to join us for \$35/adult or \$20/children 12 and under. Click here to [submit your RSVP](#), which is due December 4, 2023.

Our luncheon menu will include a salad, choice of parmesan encrusted chicken or classic cheeseburger, and dessert. A vegetarian meal is also available. A cash bar is onsite for those who wish to imbibe.



SAVE THE DATES !!!

JANUARY 6 & 7, 2024



*ALPHA DRESSAGE ASSOCIATION
SPONSORS*

**A DRESSAGE CLINIC WITH
LAUREN SPRIESER**

JANUARY 6 & 7, 2024

Location: Rancho del Zorro

2210 Danabel Drive, Punta Gorda, FL



Lauren Sprieser is a USDF Bronze, Silver and Gold medalist, Grand Prix competitor, and well-known trainer of horses/students from Training Level to Grand Prix. She has a depth of experience, common sense, enthusiasm, and a welcome dose of humor. She works with horses of all levels and breeds and riders of all types (including western).

Lauren and her students have produced 9 Grand Prix horses and 17 Prix St. Georges horses, as well as 22 USDF Bronze, 14 Silver and 3 Gold Medalists. She has trained with Olympic Gold Medalist Monica Theodorescu, Olympic Bronze Medalist Carol Lavell, and currently rides with Olympic Bronze Medalist Allison Brock.

Check out her website (www.spriesersporthorse.com) & Facebook page.

THE DETAILS --

Lunch provided by Alpha for riders and auditors

Rider Fees: Alpha Member \$160/ride Non-member \$200/ride

Stalls: \$50/day, Overnight available - bring bedding
(stall preference to stallions and riders with multiple rides)

Auditors: Members \$10/day Non-member \$20/day

Entries through Equestrian Entries only (www.eqentries.com)

Entries will open mid-November and will close mid-December

For more information -

Contact Susan Schoettle sschoettle@yahoo.com

More Information to Come -

Watch for Emails from Alpha Dressage



Thank you, Volunteers!

By Donna Sloben

I just wanted to say a big Thank You to all the volunteers who helped make this another successful show season! We love putting on these shows, but it does take a village to make it run smoothly! We can't do it without all of you who have given us your time and talents to make it all happen.

Every task is essential to the running of the show, starting with the people who bring the arena over and everyone who helps with setting it up. Without the setup crew it would be very difficult to ride your test! So, here's to the Setup Crew!!

The scribe writes down everything the judge says so that you know what went well, what went not so well and what you might want to work on before your next class or show. Without the scribe, everything would be in the judges' head rather than in your hand. So, here's to the Scribes!!

The runner keeps your tests coming up to the office so they can be scored and is sometimes our point of communication between the judges table and the office. Without the runners, your tests wouldn't get to the office to be scored. So, here's to the Runners!!

The people who work the gate help to keep the show running on time, letting you know when your time is getting close, letting the office know if someone has not shown up or if someone needs help. They are our eyes and ears on the ground. Without them, there would be no point of communication between the riders and the office and you would have to pay close attention to when you need to head over to the arena, rather than focusing on your warm up. So, here's to the People Who Work the Gate!!

The scorers who add up your test scores and work hard to get them out quickly and correctly. Without the scorers, you would have to add up your own scores. So, here's to the Scorers!!

The announcer helps to keep everything running on time and lets us know who's in the arena (let's face it, who doesn't love hearing their name and their equine partner's name announced over the loudspeaker!). The announcer also makes important announcements throughout the day such as High Point winners and my personal favorite, when lunch is available! Without the announcer it would be a very quiet day indeed! So, here's to the announcers!!

The floater and prize person (we really need a better name for this position....maybe the Chief Prize Coordinator), responsible for any number of tasks, the biggest of which is coordinating the ribbons and prizes to be awarded, posting the scores on the bulletin board and putting out the tests, ribbons and prizes for the riders to pick up. Without the floater/prize person, everyone would have to come into the office to collect their tests and ribbons and no one would know how they did in relation to their competitors. So, here's to the Chief Prize Coordinator!!

The Arena Crew on the day of the show. The people who help change the arena during the day and especially the ones who stay to help tear it down and transport it home at the end of the day. Without them, the show staff gets very grumpy and we are no fun to be around because we've all had a very long day! So, here's to the Arena Crew!!

Finally, I'd like to personally thank all the board members who do so much on the front end of a show. Setting the show dates and getting the judges. Setting the show up in Equestrian Entries, taking entries and creating the ride times. Putting together prizes, creating the packets, putting together the judges' box with all the tests (and labels) that will be needed that day, assigning the stalls, arranging for food (very important) and probably 15 other things that I'm forgetting.

So, as you can see, it does truly take a village of people to make it all happen, and so many of you do it while you are also showing on the day! So once again, here's to all of you who give us your time, your talent, your passion and sometimes your sense of humor, to help to make our schooling shows so great, and hopefully you had a little fun and enjoyed being part of it all!

2024 Show Season Forecast

Alpha Dressage Association will be hosting 6 schooling shows this season at Triple J Ranch in Sarasota! In 2023, we were able to host 5 shows and many times had to close shows early due to the amount of interest we received. Thanks to all of our volunteers who make these shows possible and to the ADA Board Members who put a lot of work in behind the scenes to make things run smoothly.

One thing that sets ADA apart from other schooling shows in the area is the quality of judges we can book. This year we were able confirm our 2024 dates far enough in advance with Triple J that we had time to book high quality judges who riders of this area really enjoy showing under! We hope you look at the schedule and put the dates on your calendar so you are able to join us!

The number of Western Dressage riders who attend ADA shows have been growing over the years. This year when deciding which judges to contact we looked for judges who have licenses for both classical and western dressage. We are proud to be able to host 5 WDAA recognized events this year. We appreciate all the support from the western riders.

One new element ADA is investigating for the 2024 season is the ability of riders to earn AQHA dressage points for English and western dressage at our shows. Three of the dressage judges for this year are also AQHA judges. We hope this new option for riders in the area draws in some new competitors and horses.



2024 SHOW SCHEDULE

- JANUARY 14 MICHELLE VELASCO, ALSO WDAA
- FEBRUARY 18 BILL WOODS
- MARCH 17 HEATHER STALKER, ALSO WDAA
- SEPTEMBER 15 LYNN NEWTON, ALSO WDAA
- OCTOBER 27 CHARLOTTE TRENTELMAN, HALLOWEEN FREESTYLE+ WDAA
- NOVEMBER 17 JUDY DOWNER, ALSO WDAA

The graphic features a vibrant, multi-colored background transitioning from orange and yellow at the top to purple and blue at the bottom. On the right side, there is a stylized illustration of a horse's head in profile, facing left, with a decorative, swirling purple and pink mane. The text is white and arranged in a list format on the left side of the graphic.

Alpha Dressage Association
2023 Annual Awards Banquet & Membership Meeting



December 9, 2023

12:00 – 3:00 pm

Cooper's Hawk Restaurant
3130 Fruitville Commons Blvd.
Sarasota, FL 34241

For the banquet we are changing things up this year and have decided that all members will **dine for free!** Dinner is on us. It's our way of thanking you for your support, volunteer hours, and membership. Additional guests you choose to bring will cost \$35/adult, \$20/children 12 & under.

RSVP by December 4, 2023

Click here → <https://forms.gle/GgipiBfVck7QLx62A>

Members must also RSVP so we can confirm headcount with the venue.

October General Membership Meeting Recap

By Mary Lynn Stanton

Dr. Darren Scarafale was our featured speaker at the September 13 meeting. He is in practice with Dr. Kaplan (our August speaker) at Advanced Chiropractic and Physiotherapy in LWR (941-907-9663). He gave a very informative and interesting overview on Functional Medicine and it is clear he is passionate about the benefits it offers patients.

Important points were:

1. Stress is an underlying issue with many medical conditions. Understanding the biochemical connection is vital to understand treatment and management.
2. The goal of Functional Medicine is to uncover and address the root of health problems and guide in management and/or resolution.
3. It is important to understand the interplay of the sympathetic and parasympathetic nervous systems and the gut/brain relationship.
4. Laboratory testing is vastly more in depth than the traditional approach.
5. Functional medicine addresses health from many angles (example: DNA testing, cortisol and other hormonal levels, etc.) but ultimate intervention includes nutritional and lifestyle interventions.

Functional medicine is a long term investment in your health and it is never too late to get started!

Upcoming USEF Rules Changes

Beginning December 1, 2025, under GR 1101.1, all horses competing in USEF-licensed or -endorsed competitions must be microchipped with a 15-digit ISO compliant 11784/11785 chip.

For more information on microchipping, including content that was made specifically to answer a wide array of questions, please visit www.usef.org/microchip.

If you have specific questions about recording your microchip, please email horseservices@usef.org.

IMPORTANT NOTE: *This rule change will NOT apply to our schooling shows.* Only those competing at recognized shows will be affected.

Alpha Dressage Classifieds

Note: Any member may submit a brief classified ad for free. 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 edition of the newsletter.

Looking for a Covered Arena for your ride?

InStride at 1629 Ranch Road in Nokomis is offering haul-in use of their lovely covered arena on Sundays. Get out of the sun and the rain and ride in a large covered arena. For more information, please contact: Elizabeth Ireland, eireland@easterseals-swfl.org, or JoEllen Pozarek, jpozarek@easterseals-swfl.org

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 2024

Membership runs from Dec. 1, 2023– Nov. 30, 2024

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:

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