



Alpha Dressage News

May / June 2023

Greetings!

Hello everyone,

This past weekend we just held another show at Triple J, judged by Bill Woods. The weather was a little tricky in the morning, but everyone rode through the blustery wind and did well. Again, we had a good turnout of both traditional and Western dressage riders. Our final two shows of the season will be held in September and October.

This Saturday we are holding a clinic together with Charlotte Trentleman at Robin Segó's place. All ride slots are full and we have a waitlist, but auditors are still welcome. Please contact Susan Schoettle and she can give you the details. (sschoettle@yahoo.com or 941-320-3054)

Take special note of our May meeting which will be held at a special location...

Finally, we have secured a venue for our annual awards banquet, so save the date! We're trying something new, a Saturday afternoon banquet at Cooper's Hawk restaurant on Fruitville road. The location is great, the cost manageable and no excuses for having to get home early to feed your critters! Our awards committee is already hard at work to make this another special event for all members.

Hope to see you around this spring and summer!

Linda

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Sara MCarthy
Angela Ridgway
Susan Schoettle

We're on the Web!

See us at:

www.alphadressage.org

Upcoming Events...

May 9, 2023 (Tues): General Meeting at Laura Zalkin's place – 6:00 – 7:45 PM

June 20, 2023 (Tues): General Meeting at Fruitville Public Library – 6:00 – 7:45 PM - Sherry Seals, Saddle Fitter will be presenting in person

July 12, 2023 (Wed): General Meeting at Fruitville Public Library – 6:00 – 7:45 PM

September 10, 2023: Schooling Show at Triple J – Judge Christine Ksionek USEF/USDF L

September 13, 2023 (Wed): General Meeting at Fruitville Public Library – 6:00 – 7:45 PM

October 11, 2023 (Wed): General Meeting at Fruitville Public Library – 6:00 – 7:45 PM

October 29, 2023: Halloween Schooling Show with the Freestyle Costume Class at Triple J – Judy Downer USEF/USDF S & WDAA R

November 8, 2023 (Wed): General Meeting at Fruitville Public Library – 6:00 – 7:45 PM

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

May Membership meeting – Mirrors for Training

On May 9th we will meet at Laura Zalkin's farm to see up close the amazing new mirrors she is now selling! Her address is 1711 Ranch Club Road, Myakka City, the first house on the right. Laura will provide snacks. She is selling arena mirrors and ADA thanks her for her sponsorship for the April 30 show. **If you plan on attending, please text Laura Zalkin at (941) 302-0584 or Danielle Ammeson at (941) 321-2469 for the gate code to Sarasota Ranch Club**

April Meeting Summary

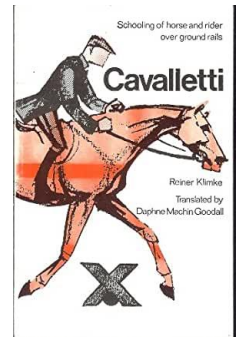
Deb DuFresne, talked about rider position and how it affects the horse. She had 4 "stations" for people to work at, with assistance from Deb. The first station was a large ball which the rider sat on and practiced moving her pelvis in different directions. The second station was a yoga mat on the floor and the rider was to sit on the mat, legs stretched out in front or bent, so that feet were not on the floor and then the rider had to walk forwards and backwards, just using her hips to create the movement. The third station was a block where the rider had to step up and down, holding her hands as if they were holding reins. The fourth station was simply standing and Deb helped every rider pull her chin in, without tipping up or down, to keep the head straight above the shoulders.

All these exercises were very helpful and eye-opening, as they all seemed simple but were quite difficult to coordinate.

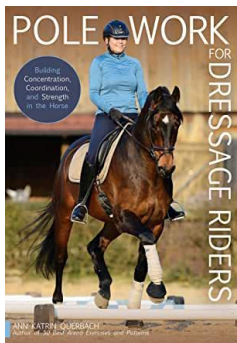
A review of Pole Work for Dressage Riders by author Ann Katrin Querbach (copyright 2020, translated into English 2023)

By Susan Smith

When you need to know about pole work, Reiner and Ingrid Klimke come to mind. They have written several books and articles on pole work and one of my favorites was a reprint of the 1977 classic Cavalletti (by Reiner Klimke). Unable to find my own beloved copy, I turned to Amazon to replace it.



Although my heart was set on Cavalletti, I discovered Pole Work for Dressage Riders, by Ann Katrin Querbach who is a riding instructor with the German Riding Federation and author of [50 Best Arena Exercises and Patterns: Essential Schooling for English and Western Riders](#). Although there were no posted reviews of the book, I decided to take a chance on it anyway, an easy gamble for \$26.95 (or in horseman's terms: the price of a 2 string bale of O & A).



Querbach uses lovely photography and diagrams of pole layout to support her writing throughout the 11 Chapters in this book. In the first 28 pages, the author introduces the topic by describing the benefits of pole work and touching on proper alignment of both horse and rider, a theme she continues to lightly weave in throughout the book. From there, she layers the next 9 chapters by gait and difficulty, covering riding poles on straight and curved lines, different heights, angles, combinations and concludes with a chapter titled “Changes in Tempo”.

There are things that I really value about this book:

First, as a riding instructor, Querbach’s “teacher” voice comes through in her writing as she blends a review of proper riding technique within her explanation of pole work. Secondly, the author introduces and explains multiple facets of pole work such as addressing “falling in, falling out” and how to use cavalletti as a tool to strengthen both the horse and rider. Third, throughout the book the author includes “side notes” and “solutions to problems” that I felt useful check points and informative segues to include.

There are things I found challenging about this book:

Although the book covers a lot of information, it felt a bit disjointed or lacking at times. The “Solutions for Common Problems” sometimes appear out of sequence with the chapter topics. Secondly, the book introduces a lot of information but lacks follow through. For instance, there is a brief mention of lunging with side reins over poles but no discussion on the proper way to use them. Thirdly, there is no discussion of an actual training plan or suggested frequency for pole work. Lastly, the book is, for the most part, translated very well but there were occasional places where it lacked fluidity (or perhaps just needed more explanation to communicate a point effectively).

The author references her other book in a few places (which is a personal pet peeve of mine) but you do not need to read her other book to find this book informative.

Rated Show Results

By: Danielle Ammeson

Our members have been out and about at the local rated Dressage Shows. ADA wanted to congratulate all our members who earned scores towards Rider Medals or Qualified for Regionals. If we missed anyone, please let us know!

We are lucky enough to have such great show venues nearby but there were three competitions back-to-back weekends in April! On April 1st and 2nd Fox Lea hosted their first dressage show at the venue since all of the improvements that took place over the summer of 2022. All of the rings have fiber footing which was watered and dragged often, the center viewing area got a huge facelift and the old grass jumper field has been turned into new arenas. You can now watch both rings under the shade of the center of the viewing area, it was great! Tampa hosted a rated show April 8th and 9th at the Bob Thomas Equestrian Center at the Florida State Fairgrounds and TerraNova hosted their first dressage show of the year on April 15th and 16th.

We have a collection of members and friends who have qualified for Regionals from scores earned in April! Please join me in congratulating the following riders! We look forward to having ADA well represented at the USDF Regional Championships in October.

Training Level AA: Iris Konstantinou on Farsiris and Robin Segó on Boris of Solstice

Training Level Open: Malinda Brown on Serpico and Suzi Jennings on Aragoes Mor

First Level Open: Malinda Brown on Serpico and Nadia Yahraus on Black Magic

Second Level AA: Danielle Ammeson on Casino Royale

Second Level Open: Suzi Jennings on Pregonero XL and Karen Abbattista on Walter uut't Binnenveld

Freestyle 2nd Level: Danielle Ammeson on Casino Royale and Suzi Jennings on Pregonero XL

Third Level AA: Carmen Hanson on Bolero de Ravel

Third Level Open: Tanya Herrmann on Rienik H

Third Level Freestyle: Carmen Hanson on Bolero de Ravel



Our Western Dressage Crew has been on the road too! A group of our members hauled to Perry Georgia to compete at the Magnolia Spring Classic April 21st – April 23rd. The show was at the Georgia National Fairgrounds and since it was WDAA recognized Mark Hiser and his horse Dreamin Miracles earned scores towards Dreamin Miracles WDAA Silver Medal. Lauren

Merchant together with Amanda Kopak earned scores towards Suzi's Big Hot Rod in Heaven WDAA Bronze Medal. For more information on how to earn WDAA Awards check out www.wdaalifetimepoints.org

Alpha Dressage is well represented in the Florida WDAA community and our members include Juniors, Adult Amateurs and Open riders who are WDAA World Champions. This group will continue to show and train this summer as they work towards personal goals and are headed out to Oklahoma for the 2023 WDAA World Championship Show.

If you are interested in learning about Western Dressage and would like to see training in action on May 6th ADA is hosting a Charlotte Trentelman Clinic and throughout the day a variety of Western Dressage riders will be riding the different levels WDAA offers.



**Alpha Dressage Association Presents:
DRESSAGE CLINIC WITH CHARLOTTE TRENTELMAN**

MAY 6, 2023 SATURDAY

at Robin Segó's Farm, 2679 Ranch Club Blvd, Myakka City

Come Audit the Clinic – Rider Spots Are Filled



Alpha Dressage sponsors a one-day dressage clinic with Charlotte Trentelman who focuses on continued learning and education for all riders and horses. She is a USEF "S" Dressage Judge also a USEF "R" Judge in Western Dressage. She has shown through Grand Prix and competed in driving. She works with horses and riders at all levels and enjoys working with horses of many breeds. Join us and learn how to be a better partner with your horse.

RIDER	HORSE	LESSON TIME
Amanda Kopak	Ahi (N Am Sptd Dft; WD Basic & Level 1)	8:00 am
Mark Hiser	Dreamin Miracles (AQHA, WD Level 1&2)	8:45 am
Break		9:30 am
Danielle Ammeson	Casino Royale (3 rd Level)	9:45 am
Aya Konstantinou	Farsiris (Training/1 st Level)	10:30 am
Suzi Jennings	Aragone's More (Training/1 st Level)	11:15 am
Lunch		12:00 pm
Brook Adamo	Uno (Quarab, WD Level 1)	12:45 pm
Brenda Morrow	Mama Tryed (AQHA, WD Basic & Level 1)	1:30 pm
Melanie Werst	Duke (Ger Riding Pony, WD Level 2)	2:15 pm
Break		3:00 pm
Lauren Merchant	Gustavo's Legacy (Gypsy Cross, WD Level 1&2)	3:15 pm
Robin Segó	Boris (Russian Orlov, Training/1 st Level)	4:00 pm

Auditors welcome at no charge. Bring your own chair. Lunch provided by Alpha Dressage if you let Susan know by end of day Wednesday, May 3rd. Please text in advance for gate code.

For gate code & info, text Susan Schoettle at 941-320-3054

Alpha Dressage Classifieds

Note: 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.



“Reflection For Perfection”



Our Arena Mirrors offer a Three Layer System:

- 1/4” Glass Mirror with Safety Backing
 - Impact Core
 - Encased in Galvanized Steel
- Each arena mirror comes with top and bottom rails and tilt brackets.



Riders using mirrors will find that the immediate visual feedback will improve:
Rider's & horse's body alignment, balance, muscle memory & effective use of aids.

(Easily dismantled in case of hurricanes)



For more info: Laura Zalkin 941-302-0584 laurazalkin@gmail.com
or Bruce Zalkin 941-302-0572 oldtoys1960@aol.com

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:

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941-320-7673
Koeh2337@gmail.com