



Alpha Dressage News

July / August 2023

Greetings!

Hello everyone,

I hope everyone had a wonderful fourth of July holiday. It certainly was hot enough. Décor and I have resorted to working on lateral work at the walk in this unrelenting heat. What are you doing to survive it?

Talking about beating the heat, our Clinics committee is working on the final details of a fun freestyle and music selection seminar, offered under cover, in August. Please read the "Save the date" notice in this newsletter. If you have ever thought about playing with a freestyle, even just for one of our fun shows, this is the seminar to attend. There will be a small fee for attendees to help us defray the cost of the covered arena. Our demo riders are just that, they will be illustrating how various styles of music can complement their horse's gaits. Please stay tuned for more.

Hope to see you around this summer!

Linda

July meeting – CANCELLED

Just a reminder that we will **not** be having a July meeting. We will resume in August.

August Membership meeting

Our next meeting will be on, **Wednesday** August 9, at the Fruitville Road library. Our speakers will be Dr. Jeffrey Kaplan and Dr. Darren Scarafale, chiropractors with Advanced Chiropractic & Physiotherapy, in Lakewood Ranch. They will be discussing laser therapy and problems that laser therapy and chiropractic can help, such as carpal tunnel syndrome, tennis elbow, neck pain, lower back pain, etc.

Everyone who attends will receive a complimentary posture analysis. Remember, if we aren't properly aligned, how can we expect our horses to be correctly aligned themselves? There is no charge to come to this lecture and see what can be done.

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We're on the Web!

See us at:

www.alphadressage.org

Upcoming Events...

July 12, 2023 (Wed): General Meeting – **CANCELLED** – Enjoy your time off.

August 9, 2023 (Wed): General meeting at Fruitville Public Library – 6:00 – 7:45 PM

September 10, 2023: Schooling Show at Triple J – Judge Christine Ksionek

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

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

June Meeting Summary

Sherry Seals, a saddle fitter (Precision Saddlery & Bodywork) and equine bodywork specialist, gave a fascinating talk on how our tack (not just saddles!) can affect our horse's comfort and performance. With the assistance of Angel, her demonstration horse skull, attendees learned about how the placement and adjustment of all the parts of the bridle can affect our horse. She brought sample bridles, bits, girths, and saddle pads to examine.



REGION 3: Col. Kimball Adult Amateur Championship Competition Recap

By Danielle Ammeson

The second AA Championship show was held in Newbery, FL at the Alachua Equestrian Center on June 3rd and 4th. The show was run by Southeast Horse Shows under management of Carlie Evans.

The purpose of these championships is to recognize the importance of the Adult Amateurs (AA) and their riding accomplishments for those who live in Region 3. During Col. Kimball's life, he was dedicated to USDF in establishing shows, especially in Florida, for all levels of riders, but had a fondness for AA, as he saw them as the backbone of USDF. "Jack" Kimball brought Dressage to Sarasota and he was one of the founders of Alpha Dressage. He was also the first Director of Region 3. The Southeast Horse show management staff talked about this idea for a show for several years and felt the need to move forward to support our AA riders in enjoying this sport, especially those just starting off.

This show has a relaxed Championship show vibe making it less stressful for AAs. There are some similarities between the AA Championship and the USDF Regional Championship. You must qualify in order to show, tests must be ridden from memory and only the competitor can ride the horse during the show dates.

There are differences which make this AA Championship show unique. Riders do not have to be Participating Members of USDF, a GMO membership is also accepted. Championship tests are the second test in the level and whips are allowed. The qualifying score is lower than what is required for the USDF Regional Championship show.

On Friday, the Funky Unicorn horse treat company sponsored a wine and cheese welcome party for all competitors and guests. On Saturday, Southeast Horse Show and the STRIDE GMO out of Ocala hosted a competitor party and catered Italian food for all. During dinner our USDF Region 3 Director, Charlotte Trentelman, addressed the group and shared the efforts Region 3 is working on. The floor was opened for questions and feedback on the show. Charlotte asked all those who were members of a GMO to raise their hand and say what GMO they were from. It was great to see all the Florida GMOs that had riders competing in the event.

Next year the location might be moved, and Show Management threw out the idea of a GMO team style competition. Alpha will need more members to represent us!! This year Alpha was represented by Robin Seggo and Danielle Ammeson. Robin and Boris competed in the Training Level and First Level Championships, and Danielle Ammeson and Casino Royale competed in the Second Level and AA Musical Freestyle Championship (mixed levels). Casino Royale represented Alpha proudly by placing 2nd in the Second Level Championship and winning the AA Musical Freestyle Championship.

If you have any questions about this Championship please find Danielle or Robin and I'm sure they will be happy to share more about their experiences there. It's never too late to start planning for next year!



ADA Hosted Charlotte Trentelman Clinic on May 6th, 2023

“Charlotte is excellent. Very helpful and knowledgeable.”

“Very Informative. Would love more!”

“Learned a lot! Charlotte is very good. Thanks.”

These are just a few of the comments both riders and auditors submitted as feedback after riding and spending the day at Charlotte Trentelman’s clinic. The clinic ran like clockwork, and we were blessed with good weather. As seen in the photos there were a variety of horses and riders of both disciplines, English and Western, and of varying levels of training, all of which added to interest and learning experiences for both riders and auditors.

Horse and rider pairs were: Brooke Adamo & Uno, Mark Hiser & Dreamin’ Miracles, Suzi Jennings & Aragonés MOR, Aya Konstantino & Farsisis, Amanda Kopak-Hiser & Ahi, Laurel Logas & Ad Astra, Lauren Merchant & Gustavo’s Legacy, Brenda Morrow & Mamma Tryed, Robin Segó & Boris, and Melanie Werst & Duke.

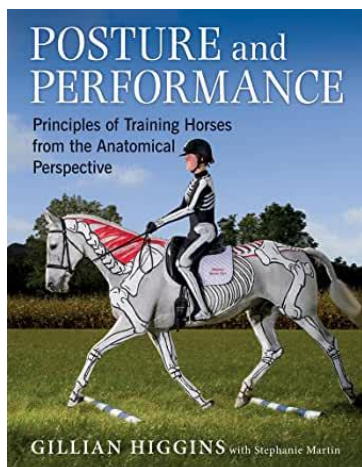
The Clinic Committee and Alpha Dressage would like to thank Robin Segó for accommodating this clinic at her farm and offering her home for a cool location to have our lunch.

We look forward to hosting more clinics with Charlotte Trentelman in the future.





Posture and Performance, by Gillian Higgins & Stephanie Martin



Reviewed by Susan Smith

If you are interested in the basic biomechanics inside your horse, this book is for you.

Gillian Higgins, founder of Horses Inside Out, is an equine and human sports remedial therapist, British Horse Society Senior Coach, and Eventer. Stephanie Martin is Higgin's writing and organizational partner in this book.

Part 1, titled "Principles of Training", is a tour of the anatomy and biomechanics of the horse.

Part 2, titled "Exercises for Performance", focuses on horses under saddle with discussion of biomechanics of movements from neck position and bending through lateral work, pole work and gymnastics.

The illustrations in this book are the star of the show. The structures of the horse are presented in illustrations and "inside out" photos of horses with the anatomy painted on them. All images are detailed, colorful, clear, and interesting. There is text to support the illustrations, but the art really speaks for itself.

What I really liked about the book: this book makes basic horse anatomy and biomechanics approachable. I found it interesting and will keep it on my shelf as an anatomical and biomechanical reference. In my opinion, the "training" aspect is very basic and too little to be considered a training manual.

This book would be a terrific book for young riders and visual readers. It presents detailed information in a clear visual format. If you would like to check out more of Gillian Higgins work or just want to geek-out on science, please check out Gillian Higgins website: www.HorsesInsideOut.com

Save the Date for Freestyle Fun!

Saturday, August 12th



Join us on August 12, 2023 for an interactive seminar introducing the fun side of Freestyles. Leave your horse at home and learn how to match music to your horse and dressage movements in the comfort of a covered arena. Watch demonstration riders and horses move to different music types and tempos.

Hear Suzi Jennings explain how to select music for diverse horses and how you can create a fun freestyle. This seminar is crafted for the attendees/auditors and will include a fee for attendance – future emails will include specific cost information.

If you want to be a demo ride (at no charge), please contact Suzi Jennings (mobile 256—651-5950, email adaentries@gmail.com). We want riders of all ages and disciplines (traditional & western) and horses of all breeds and levels. Please contact Suzi right away if you are interested in being a demo rider.

Keep your eyes peeled for email updates with details – but block out the day for Freestyle Fun! Contact the Clinic Committee if you have questions: Susan Schoettle (sschoettle@yahoo.com) and Sara McCartney (gmcc_tt@hotmail.com)

Product Review - Funky Unicorn Horse Treats

By Danielle Ammesson

The Funky Unicorn treat is a small cube treat that contains electrolytes with a goal of encouraging hydration, which is great for summer! The treats can be administered after a workout, during a cold spell or anytime your horse is not drinking as much as normal. I bought two of the 8oz containers of the treats from Big Dee's (www.bigdweb.com) in the apple flavor and banana flavor. Both of my horses eat both flavors with no problems but companies do sell the small trial sizes if flavor is a concern for your horse. I have been giving my two horses one or two cubes a day while they are turned out and have access to fresh water.

Renee Genter and her daughter Emily Genter live in Ocala Florida and own the Funky Unicorn company. The idea of the treats came about during the covid supply chain shortage when sugar cubes were hard to find in stores. Renee is a FEI rider and wanted more out of the traditional horse treats. I was able to meet and chat with Renee and Emily at the Summer Sizzler show where they had a booth showcasing the product. The logo for Funky Unicorn is so cute and the brand name is catchy!!

After giving a cube or two, horses tend to drink within 15 minutes. A little word of caution, this treat is normally fed after a workout since it makes them thirsty and store the treats in your tack truck since they do contain brown sugar and will discolor if exposed to sunlight. You will notice the outside of the treat is very salty but there is a sweet core inside which the horses like. Renee advised that the mint flavor is the saltiest of the three flavors. You can lick the treat as they are made from pharmaceutical grade ingredients and made in a pharmaceutical environment. Although it is a proprietary formula, the treats contain all show safe ingredients.

For more info check out Funky Unicorn Treats on Facebook or the Brands Website [Funky Unicorn Electrolyte Treats – Funky Unicorn Treats](#)

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, ireland@easterseals-swfl.org, or JoEllen Pozarek, jpozarek@easterseals-swfl.org

N 2 VINCITORE DRESSAGE SADDLE

The Official Dressage Saddle of the US Equestrian Federation

- \$4,500.00
- M/W ~ N2 Vincitore Monoflap
- Upgraded Supple Buffalo Hide - Wool Flocked
- Standard Knee Roll

Product Details from website: The Vincitore, a true Monoflap, was designed to provide more room in the Horse's trapezius area, around the wither, and around the base of the wither. The large panels ensure a comfortable and even fit along the rib cage of the horse. The fairly curvy tree fits an amazing variety of horses, and the saddle's gullet space is a bit wider, so it works perfectly on most horses as well as on wider horses. It is made of Buffalo leather with Makela leather in the seat and knee roll. Our riders tell us the seat is very comfortable because it is so soft and gives them a very secure feeling in the saddle.

Please address inquiries to: Tgadway521@gmail.com -or- Call: 941-228-8043 - Please leave your contact information.

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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