



## 2021 Officers

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### Editor

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## From Your President

Fall in East Tennessee is such a beautiful time of the year—temperatures are more moderate, fewer flies (!), leaves changing colors, shows and other activities. CDCTS Fall Schooling Show is September 25 at Walnut Grove Stables in Talbott. If you did not enter, hopefully you'll come out, volunteer (get those hours in for year end awards!) and cheer on all the riders and their horses! We will be providing concessions as well, YUM!

The next event is the Fall Fun Day on October 30 at beautiful River Glen Equestrian Park—the most fun you'll have on horseback all year! This is a mock hunter pace around the River Glen property with costume classes, a poker run (you might win your entry fee back) and Wine/Whine by the Barrel. Ribbons and prizes and maybe some money back—what's not to like? Closing date is October 26 and of course, volunteers are needed. Check out the entry form/prize list in this newsletter.

Membership dues are coming up! The cost of membership is staying the same, BUT we are offering a \$5 discount IF you get your membership renewal in by November 10. There will be 2022 membership forms available at the Fall Schooling Show, September 25 and at the Fall Fun Day, October 30. And of course, we always publish a membership form with this newsletter.

Our next meeting is (6 p.m. for dinner, 7 p.m. for meeting) October 12 at Ruby Tuesday's in Lenoir City. Please RSVP to our CDCTS secretary as they do have limited space. Hope to see you all there! Enjoy your fall activities and remember to "Have fun in 2021"!

*Carolyn Ordal,*  
CDCTS President

*CDCTS is a USDF Group Member Organization and all members are automatically USDF Group Members. For USDF Participating Membership, members must apply directly to USDF.*



GROUP  
MEMBER  
ORGANIZATION

# CDCTS MEETING MINUTES, SEPTEMBER 14, 2021

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## **I. Call to order**

The meeting was called to order by CDCTS President Carolyn Ordal at 7:00 p.m. on September 14, 2021 at Ruby Tuesday, Lenoir City, TN.

## **II. Roll Call**

The following board members were present: Carolyn Ordal, Jean Sullivan, Julie Noe, Melissa Morehead, Susan Hill and Julie Hall. The following board members were not present: Alece Ellis, Rita Dunn and Jeannie Baggett. The following guests were present: Susan Michaud. Zoom was not offered.

## **III. Approval of minutes from last meeting**

Minutes from August 10, 2021 were provided to all members in the August newsletter. A motion to accept the minutes as presented was made by Jean Sullivan and Seconded by Susan Hill.

## **IV. Committee Reports**

### Treasurer's Report:

The Treasurer's Report was read by Melissa Morehead. A motion to accept the Treasurer's Report as presented was made by Susan Hill and seconded by Jean Sullivan.

### Show Committee:

- The September 25, 2021 Schooling Show will be held at Walnut Grove Stables and judged by Valerie Cheatham. The Working Equitation classes will be judged by Arielle Blackstone. Susan Hill has agreed to pick up the obstacles from Shannon O'Hatnick's farm and will transport to Walnut Grove Stables. Volunteers are needed for multiple positions. Please contact Carolyn Ordal if you are able to help

### Membership Committee:

Julie Hall reports there are currently 61 members.

### Welcome Committee:

There are currently no official members of this committee. Julie Hall has agreed to continue reaching out to new members via email when membership applications are received. New members will also be profiled in the Newsletter as space allows.

### Education Committee:

This committee is currently on hold.

### Social Media Committee:

It was requested that social media be extensively used for advertising of the September 25th schooling show and Fall Fun Day.

### By-Laws Committee:

An updated report was not presented.

# CDCTS MEETING MINUTES, SEPTEMBER 14, 2021- CONTINUED

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## V. Old Business:

- The Scribe clinic instructed by Donna Richardson and hosted by Teresa Shafer went well. The Club thanks both of these ladies.
- Melissa Morehead purchased new walkie talkies and a new audio system for the Club.
- A discussion was held about the annual awards banquet menu. It was agreed the menu should remain the same as last year. There was discussion about a guest speaker and many good suggestions were made by Pat Bloom at the last meeting. Carolyn Ordal will reach out to Pat for additional information.
- Carolyn Ordal was contacted by the USDF GMO coordinator about nominees for the USDF GMO Volunteer of the Year award. The deadline was August 31, 2021 and there were no nominations from the Club. Carolyn Ordal feels we have many great members to nominate, a great newsletter and more that deserve recognition and hopes the club will be more pro-active for 2022.

## VI. New Business.

- A discussion was had about CDCTS 2022 Membership Renewal Form changes. It was suggested a \$5.00 Early Bird Discount be offered for members renewing by November 10, 2021. Any new member who completes a 2022 membership form at the September 25, 2021 schooling show will be able to pay member price at the Fall Fun Day on October 30, 2021 as well as receive the Early Bird Discount. A motion to approve was made by Jean Sullivan and seconded by Julie Hall.
- Discussion was had about potential dates for early 2022 schooling shows and the venue in which to hold them. Susan Michaud agreed to pass information along to the manager at Winfield Oaks as a potential venue.
- Melissa Morehead proposed the Club consider co-sponsoring a body works clinic conducted by Cara Greenacre. The anticipated timeframe of October and November was discussed, and it was agreed this time frame was not practical at this time. Further information was requested about upcoming clinic dates and the possibility of club member attending to evaluate for potential co-sponsoring in the future. Melissa will pursue additional information from Cara.

## VII. Upcoming Events.

- Jim Koford clinic dates: October 21-24, 2021; November 18-21, 2021 and December 16-19, 2021. Contact information can be found on the CDCTS website.
- CDCTS Fall Schooling Show, September 25, 2021 at Walnut Grove Stables.
- CDCTS Fall Fun Day at River Glen, October 30, 2021. Closing date is October 26, 2021

## VIII. Adjournment.

A motion to adjourn was made by Susan Hill and seconded by Susan Machaud. Adjournment at 8:00 p.m. on September 14, 2021. Next regular meeting will be on October 12, 2021 at Ruby Tuesday, Lenoir City, TN.

Minutes submitted by Julie Hall CDCTS Secretary

# CDCTS CLUB UPDATE

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## CDCTS Welcomes New Members:

Caitlyn Kingsbury, Dressage

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## MEMBERS AT RECENT EVENTS

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### Scenic Flight Dressage Show IV

Full Circle Horse Park, Pell City, Alabama, September 4-5, 2021



Susan Hill on Cadbury  
Reserve Champion Open Division High Point



# Your Pelvic Floor: Key to Better Riding

*Toning these muscles can reap benefits both in the saddle and out*

By Dave Thind and Charlotte Jorst

**W**ant to achieve better communication with your horse? Learn to harness the power of your pelvic floor.

The pelvic floor is a thin but strong dome-shaped sheet of muscles and connective tissue that acts as a barrier and supports the pelvic organs above. It separates the pelvic cavity above from the perineal region below. Although many discussions of the pelvic floor are aimed at women and the female anatomy, both sexes have a pelvic floor.



STRONG PARTNERS: US international dressage competitor Charlotte Jorst and her newest stallion, Kastel's Grand Galaxy Win

"Many women, particularly if they have had children, have problems with urinary incontinence or maybe a little bit of leakage if they

cough, sneeze, or laugh," explains Hollis Day, MD, MS, MHPE, chief of geriatric medicine at Boston Medical Center and a dressage rider. "That has to do with lack of tone in the pelvic floor." (Men can experience similar issues and can also benefit from improving their pelvic-floor tone, she adds.)

What does this have to do with riding? The same muscles that need to be strengthened to help prevent unwanted urine leakage also happen to play a critical role in a dressage rider's seat. By strengthening your pelvic floor, you can greatly improve the subtlety of your aids as well as your horse's responsiveness.

The pelvic-floor toning exercises we're going to give you in this article are referred to as lessons in the Feldenkrais Method, which uses gentle movement and directed attention to educate the nervous system and to increase mind-body awareness. Created by Dr. Moshe Feldenkrais, the Awareness Through Movement lessons, as they are called, are "very similar to exercises that we teach women to retrain the pelvic floor and tone it so that it can reduce some of the urinary incontinence," Day says.

Toning the muscles of the pelvic floor requires learning how to engage those muscles (which in women includes the vaginal muscles as well as the pelvic-floor muscles) "without increasing abdominal pressure, such as when you do core exercises in Pilates or other forms of exercise," says Day. "This is a great lesson for all riders or for women who need to strengthen the pelvic floor."

Ready to give the Feldenkrais Method a try? Here are five easy

Awareness Through Movement lessons that you can try at home. All you need is clothing that allows for free movement, and a comfortable spot on the floor.

Take your time with each step. Consider having someone read you the directions so you can relax and focus on the lessons, or record yourself reading them and then follow your recorded instructions.

## Step 1: Find Your X and Your Cylinder

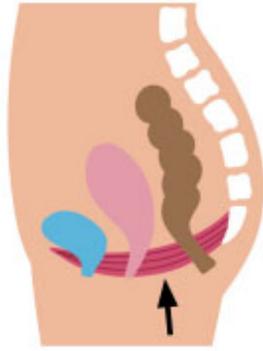
Lie on your back on the floor with your legs bent, feet flat on the ground, and arms comfortably at your sides.

Notice how your body makes contact with the floor. Notice which parts of your back or pelvis are heaviest, and perhaps which parts don't make contact.

Notice the location of your two hips and your two shoulder points. Draw an imaginary line from point to point, forming a rectangle. Then imagine drawing two diagonal lines inside the rectangle to create an X. Sense your front X and your back X.

Next, make your body imagery three-dimensional by thinking of the area inside your rectangle as a cylinder. Think about the volume created by that cylinder. Lightly place both hands on top of your ribs, and allow your hands to move up and down with your breath. Feel the change in volume as your ribs expand as you inhale and then return to resting position as you exhale. Then try this variation: Softly, without pushing, fill your lower abdomen with breath.

Place your hands back down by your sides and rest. You can rest for as little as 30 seconds or as long as



**SUPPORT SYSTEM:** The muscles and connective tissue that make up the pelvic floor (arrow) support the bladder and other pelvic organs

three minutes. Even if what you just did didn't seem like a lot of work, the periods of rest allow the nervous system to process what is being learned.

After you have rested, softly press down with your feet and, using a rolling motion, gently lift your tailbone about an inch off the ground. Imagine that your tailbone is an ice-cream scoop and that you're gently lifting and scooping it up toward the sky, then lightly setting it down. Try not to engage your buttocks or any other part of your body as you do this. Incorporate your breath into the scooping movement: Breathe out as you lift your tailbone; breathe in as you lower down. Now try holding your breath as you lift up and down. Does holding your breath make the movement harder or easier?



**STARTING POSITION:** Charlotte Jorst demonstrates the starting position for the exercises, lying on her back with her knees bent, feet flat on the floor, and arms by her sides



**PELVIC BOWL:** With her hands in a triangle shape and resting just below her navel, Jorst outlines the location of her pelvic bowl

## Step 2: The Pelvic Bowl

Start in the same position, lying on your back with your knees bent and your arms by your sides. Place your hands on your abdomen and notice your belly rising and falling with each breath.

Make a triangle with your hands just below your belly button. Depending on your body, your palms may rest on the edges of your "pelvic bowl." Visualize your pelvic bowl filling with air as you inhale and deflating as you exhale.

Now, as you exhale, make a forceful, quick, loud "ssh" noise with your lips slightly parted, as if you were shushing someone to keep quiet. Repeat the "ssh" seven times. As you do so, notice what you feel in your body. What happens to your tailbone? What about your ribs? Place your hands on the sides of your ribs. Do you sense a narrowing as you "ssh"?

Rest for a moment with your knees bent and your arms by your sides. Then return your hands to your abdomen and make your pelvic-bowl triangle, with your hands again resting softly. Breathe in and out normally and see if you notice anything different. What is happening to your sides as you breathe?

From this position, as you exhale, make a long "sss" sound like a snake hissing, loud enough that someone in the next room could hear you. Relax your shoulders as you do this. Repeat the hissing sound five to seven times. Can you perhaps feel

a narrowing of your waist or ribs as you make this sound?

Extend your legs and rest for a minute. Close your eyes, and feel whether you sense that anything has changed. Your breath? Your ribs? Your front X?

### Step 3: Lift Your Pelvic Floor

With legs long or bent, now imagine that you can use your breath to lift a string or a silk scarf through your pelvic floor and up toward your middle, somewhere under your belly button. What do you feel engage as you do this?

Next, try to lift the imaginary silk scarf even higher so that it passes through your chest and neck and comes out beautifully through the top of your head. Breathe normally between repetitions, and try the entire sequence a few times.

### Step 4: Knee-Tilting

Again, lie on your back with knees bent, feet flat on the ground, and hands by your sides. Notice whether your body feels heavier on one side than the other, or as if it is rolled slightly to one side.

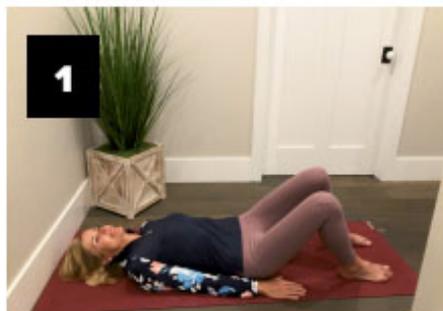
From this position, imagine that your lower back is resting on a clock face. With your knees apart, slowly tilt both knees in one direction. This will tip your contact on your clock face to either 3:00 or 9:00. If you noticed a heavy or "rolled" side, tilt your knees in that direction. If both sides feel even, just pick one side to tilt your knees toward. You'll continue the

knee-tilting movement on the same side for the remainder of the lesson.

Pay attention to your breath. Breathe slowly and fully, filling your pelvic bowl with each inhalation as you allow your knees to tip toward the side of your lower abdomen (place your hand there if that helps). Try not to contract your lower abdomen as you tilt; breathe into your lower belly to help avoid doing so. Then gently exhale and pull your belly in to engage your abdominal muscles as you return your knees to the starting position. Keep your cylinder somewhat quiet and oriented toward the ceiling. Allow your pelvis to move in the direction of the tilt. If you feel strain in your lower back and your thigh muscles have to engage to hold you in position, your knees are too close to the floor. Don't tilt so far. Less is more!

Now, each time you return your knees to the starting point, make the "ssh" or the "sss" sound as you exhale. Continuing to tilt your knees to the same side, incorporate the image of the silk scarf, releasing the tone as you tilt and then drawing the silk scarf up through your body as you return to neutral. Do this slowly to really feel the imprint of your body on the floor change during and after the subtle movement.

Notice what your feet are doing during this lesson. What parts of your feet are making contact with the ground in the middle of the movement? At the end? How do your feet make contact with the ground as you bring your legs back to neutral?



LEG-TILTING: Jorst demonstrates the leg-tilting exercise. Her legs are about hip-distance apart and she's tilting her knees to the right, toward the camera (photo 1). If you have inner-thigh or groin pain, try the variation shown in photo 2, with one leg crossed over the other.

CAMILLA JORST



**IN BALANCE:** Practice drawing an imaginary silk scarf from your pelvic floor up through your body and out the top of your head. While seated, Jorst raises one arm to elongate her torso. For a standing balance challenge, try lifting your pelvic floor while standing on one leg.

As you continue to tilt your knees and return to neutral, notice at what moments your pelvis feels heavier.

Bring your awareness up to your shoulders as you tilt your knees and breathe with each movement. Notice how your shoulders contact the floor. Does one shoulder feel heavier than the other? If so, at what moment during the movement do you feel this heaviness?

Return to your neutral starting position and rest for a moment with your knees bent or your legs extended, whichever you prefer.

Bring your awareness back to your sides. Which side feels heavier now? Is it the same side as you began with, or is the opposite side heavier now? Do you sense a “residue” of sorts, telling the story of tilting to one side? Maybe, maybe not; everyone reacts differently.

Bend your knees and resume the tilting movement in the same direction as before. Notice at what point you might begin to bring your head and neck into the movement. Does your head tilt or turn in the same direction or away from the movement? Perhaps it doesn't move at all. Perhaps it just senses the movement.

As your knees tilt to the side, imagine that your shirt is being

pulled down from your collarbone to the bottoms of your feet, making one side of your body shorter. Then, as you bring your knees back up to neutral, that side of your body lengthens again.

Rest for a moment with your legs long.

Consider doing the movements on the opposite side on another day. For learning purposes, a one-sided lesson provides contrast to the nervous system to compare. This can be a powerful tool. If you feel one-sided after completing this step, the feeling normally resolves on its own in about 30 minutes.

## Bring It into Sitting or Standing

Sitting on the edge of a chair or in a standing position, lift your arms and think of pulling the imaginary silk scarf from your pelvic floor up through your body and out the top of your head. Your raised arms will keep you from collapsing and will give you the sensation of volume in your cylinder.

If you are sitting, notice that as your pelvic-floor muscles engage, your seat bones press down. You may also feel as if your entire spine lengthens. Perhaps you can feel a si-

multaneous upward and downward pressure.

To vary the exercise, try lifting the imaginary silk scarf with only one arm raised, or while standing on one leg. Remember to breathe comfortably and to take the time to move slowly, so as to notice and learn.

## In the Saddle

Day herself vouches for the effectiveness of these exercises in her dressage riding.

“Even if you have none of these issues [pertaining to urine leakage], I can personally attest that the immediate effect on my riding was profound. I don't think I've had a ride like this for a really long time. The best part of this is, it was so easy! I had to think a lot, but I didn't have to work that hard. I hope that other riders will have the same experience I did.”

*Born in Canada and trained in Germany, Dave Thind now resides in Walpole, Massachusetts, where he owns and operates Aspire Farm. He has competed at the Grand Prix level in dressage and jumping, and he holds a German Trainer A license as well as an International Trainer Passport Level III. He is a certified Feldenkrais practitioner who has published articles and lectured on the Feldenkrais Method and equestrian biomechanics.*

*Charlotte Jorst is a Danish-born adult-amateur Grand Prix-level dressage rider who has represented the US in several Nations Cup competitions as well as at the 2016 FEI World Cup Dressage Final in Sweden. Her successful horses include the 2003 KWPN stallion Kastel's Nintendo (Negro x Monaco) and her newest stallion, the 2011 KWPN Kastel's Grand Galaxy Win (Apache x Jazz). Based in Reno, Nevada, she is the founder of the popular apparel line Kastel Denmark.*





## Crossroads Dressage & Combined Training Society

**Fall Fun Day (aka Mock Hunter Pace) 9:00 a.m.-3:30 p.m. Saturday, October 30, 2021**  
**Rain or Shine!**

**Closing date for entries is 6 p.m. October 26, 2021**

**River Glen Equestrian Park – 1834 London Rd, New Market, TN 37820.**

**Class 1: Walkers**—Teams of 2-5 riders who want to walk (and maybe a little trot) while they enjoy a ride around River Glen Equestrian Park. This group's teams will start at 3 minute intervals, starting at 9:00 a.m. The last team should be on course by 10:30 a.m. If more than 20 teams sign up for this Group, all other times will be adjusted accordingly. There will be a mandatory stop on course. Team closest to optimum time wins.

**Class 2: Hilltoppers**—Teams of 2-5 riders who want to walk, trot and do some cantering around the course at River Glen Equestrian Park. This group's teams will start at 5 minute intervals, starting at 11:00 a.m. There will be a mandatory stop on course. Team closest to optimum time wins.

**Class 3: Fast 'n Furious**—Really just sort of fast, and hopefully having a good time, so they are not "furious". Teams of 2-5 riders who elect to travel the course at a USEA Novice level eventer's pace. This group's teams will start at 3 minute intervals beginning at 1 p.m. Team closest to optimum time wins.

**Class 4: Jump class** For those who want to *soar* (maybe not *soar*, this is not summer Olympics!!!) over jumps—maximum height is no more than 2'3". Jump course starts at 2:15 p.m. Individual entries or no more than 3 on a team. Individual or Team closest to optimum time wins. **Jump class will start after last Class 3 team has finished. We are only using the starter novice jumps at River Glen.**

**Class 5: Costumes!** There will be no separate costume class, but anyone in any group can ride in costume to qualify for a ribbon in this class. Awards in both Adult and Kids Under age 16 categories.

**Class 6: Run for the Money!** Do you feel *Lucky*? Each team will be dealt 5 cards for a 5 card stud poker hand. At some point on the course, the team will have the option to trade in up to 3 cards for new ones. The team with the best hand wins! Along with a ribbon, First place team gets the entry fee for this class (\$15) back, 2<sup>nd</sup> place team gets a ribbon \$10 back and 3<sup>rd</sup> place team gets a ribbon \$5 back. The 4-6<sup>th</sup> place finishers just get pretty ribbons.

**Class 7: Wine/Whine by the Barrel!** This is for teams of 2. Rider A starts at 1 end of the area, rides to the barrel in the middle and drinks a glass of wine (or lemonade), then proceeds to the opposite end of the arena. Rider A must **hand tag** Rider B who repeats riding to the barrel, drinking the wine (or lemonade) and crosses the start/finish line. Fastest Team wins! A special prize awaits the winning team! Must show valid ID in order to have **wine** by the barrel. Otherwise, you can just whine about it. **This class will start after the last jumper has completed the course.**

**Rules:** Each class (1-4) will have a predetermined optimum time and winners are based on closest to optimum time. Penalty points assigned for missed jumps and/or refusals in Class 4.

**Entries:** Entries accepted via mail or Paypal and will close Oct 26, 2021 at 6 p.m. Include a current negative Coggins with your entry. If already registered by closing date, you can add classes day of show—bring cash or check for day of show additions.

**Fees:** Class 1-4 fee is \$15 for CDCTS members; \$25 for non members. Fees must be paid prior to class. Class 5, 6 & 7 are \$15 each for everybody. There is also a \$10 per rider fee for River Glen. A \$2 Paypal fee will be charged if paying that way.

**Tack:** English or Western Tack may be used. Helmets and appropriate footwear must be worn at all times while mounted.

### **SAFETY FIRST:**

1. All riders must wear helmets at all times when mounted.
2. Appropriate footwear (hard soled with a heel) must be worn—no sneakers, even if part of your costume!
3. If your team comes upon a previously started group moving more slowly than you, **CALMLY** and **QUIETLY** approach and ask to go past them.

A. Take care in passing. B. If your team is asked by a faster team wanting to pass you, move to the side of the trail and allow them to pass. C. *Be courteous to all riders at all times.*

*If you don't have a team, we can assign one for you. Make sure your entry says  I need a team, please  in the team name blank.*

**EXHIBITOR INFORMATION:** All entries MUST include a current negative Coggins and a release form signed by parent and / or rider.

**AWARDS:** Ribbons awarded in all classes 1st through 6th place, awarded when class times are tallied.

**ATTIRE:** Appropriate informal attire. ASTM-SEI approved helmets and appropriate footwear required and must be worn at all times when mounted.

**PARKING:** Ample parking for horse trailers. Please use caution when tying your horse to the trailer!

PLEASE follow ALL Parking signs and park ONLY in designated areas!!

**CONCESSIONS:** Available on site!

**Dogs must be leashed at ALL times, but we'd prefer you not bring them.**

RETURNED CHECKS will incur a \$40.00 fee.

**DIRECTIONS TO RIVER GLEN EQUESTRIAN PARK, 1834 London Rd, New Market, TN 37820.**

### **Directions**

- From Knoxville (West):

Exit 394 - East towards Jefferson City on Hwy 11E, approximately 17 miles to RG sign (Lowery Loop). Left at sign, to next RG sign. Signs will lead you all the way to River Glen (approx 5 mi)

Exit 398 - Take Strawberry Plains Pike North to 11E. Go right approx 10 miles to River Glen sign (Lowery Loop). Left at sign, to next RG sign. Signs will lead you all the way to River Glen (approx 5 mi).

Exit 407 - Take I-40 to Exit 398 and follow directions (above) from there.

- From Dandridge(East):

Exit 417 - From hotel take Hwy 92 North towards Jefferson City to Hwy 11E. Go left on 11E approx 5 miles to River Glen sign (Lowery Loop). Right at sign, to next RG sign. Signs will lead you all the way to River Glen (approx 5 mi.)

**See you at the most fun show you will attend this year!!!**



Get a membership form for 2022 at the Secretary's table!

**CDCTS FALL FUN DAY ENTRY FORM**

This form must be filled out and the HOLD HARMLESS RELEASE must be signed in order for entry to be valid. Junior entries will NOT be accepted without adult signature. **Please PRINT legibly!!**

**ONE ENTRY PER HORSE / RIDER COMBINATION**

CDCTS MEMBER? YES \_\_\_ NO \_\_\_ RIDER UNDER 18? YES \_\_\_ NO \_\_\_

HORSE: \_\_\_\_\_ RIDER: \_\_\_\_\_

Member of TEAM (name of Team) \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

CLASS 1\_\_\_ CLASS 2\_\_\_ CLASS 3\_\_\_ CLASS 4\_\_\_ CLASS 5\_\_\_ CLASS 6\_\_\_ CLASS 7\_\_\_

**Fees: Total number of classes entered:** \_\_\_\_\_ x \$15/person CDCTS member = \_\_\_\_\_

\_\_\_\_\_ x \$25/person non member = \_\_\_\_\_

Class 5, 6, & 7 \_\_\_\_\_ x \$15/everybody = \_\_\_\_\_

River Glen use fee \_\_\_\_\_ x \$10/rider = \_\_\_\_\_

Paypal fee \_\_\_\_\_ x \$2 = \_\_\_\_\_

Current Negative Coggins with entry \_\_\_\_\_yes/no

**TOTAL AMOUNT DUE (Make checks payable to: CDCTS)** \$ \_\_\_\_\_ **DATE RECEIVED** \_\_\_\_\_

**HOLD HARMLESS RELEASE**

The undersigned Exhibitor and any signing parent or guardian hereby (1) agrees to release CDCTS and River Glen, it's officers, directors, employees, members or agents, and the Owners or managers of the grounds where this event is held from any loss, damage, liability or injury arising out of or resulting from this show or Exhibitor's participation or entry therein; (2) agrees to indemnify, hold harmless and defend: the organizer, facility owner and the management of this show from and against any and all claims for loss, damage or injury, however caused, resulting directly or indirectly from Exhibitors entry or participation in this show or from acts or omissions of Exhibitors or Exhibitors agents; (3)acknowledges that activities with and around horses and horse shows involve inherent risks which are understood by the person signing and are expressly assumed. In the event of injury to Exhibitor or to Exhibitor's animal or animals, permission is hereby granted to management for emergency medical treatment.

WARNING: Under Tennessee law an 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 pursuant to Tennessee code annotated Title 44, Chapter 20, Section 1.

Rider Signature: \_\_\_\_\_

Parent or Guardian: \_\_\_\_\_ (if under 18)

Emergency Contact \_\_\_\_\_

## Paypal instructions

**(must be paid by 6 p.m. Oct 26, 2021)**

We are offering to CDCTS Members and the public to use PAYPAL to pay for memberships and events hosted by CDCTS. You can pay for your annual membership, show entry, **Fall Fun Day entry**, and Annual Dinner tickets by using your credit card (VISA, MasterCard and American Express) via PayPal. We charge a \$2 handling fee to cover the PayPal charge to CDCTS. **Please add the \$2 fee to your purchase.**

Please read the information below to determine your cost per entry or ticket cost. Once you have determined your purchase, please click on the below **"BUY NOW"** link. The link will take you to the CDCTS PayPal account. **If you use your own PayPal account, please direct your payment to: CDCTSORG@GMAIL.COM.**

**After you place your purchase, please send an email to Melissa Morehed (CDCTS Treasurer) to let her know what you paid for, i.e. Fall Fun Day. Her email is melissa@fleetfootfarm.com**

**Then email (or snail mail -address below\*) your entry form and coggins to: melissa@fleetfootfarm.com**

Here is the link to our website PayPal page.

**<https://cdcts.org/purchase%2Fpayments>** .

**Mail instructions: (must be postmarked by 6 p.m., Oct 26, 2021)**

**Mail completed form, Coggins and check(made out to CDCTS) to:**

**Melissa Morehead, 11045 Friendsville Rd, Lenoir City, TN 37772**

**Entry form, check/Paypal payment and current negative Coggins must be received by the deadline.**

**Remember, the Fall Fun Day is FUN!!! Enjoy beautiful River Glen with your horse and friends, with no show nerves! We've had riders ages 6-70+ come out and play with us.**



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## CDCTS CLASSIFIED CORNER

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**Trailers for Sale. Tobruk Trailers.** Merhow and Cherokee aluminum trailers. Custom living quarters for large horses. Hitches and repairs. Call 865-674-7041 or email [tobrukfarm@charter.net](mailto:tobrukfarm@charter.net).

**Pasture Board.** Topperhill Farm, Lenoir City Area. 10 minutes from Baker's Creek. Large arena with sand and crushed rubber footing. Four board fencing. Contact Susan Hill, call or text 865-789-5048.



**Melissa Morehead**  
horse blanket washing and repair

Phone: 865-661-3154  
E-mail: [melissa@fleetfootfarm.com](mailto:melissa@fleetfootfarm.com)  
[www.thebarnfairy.com](http://www.thebarnfairy.com)

**The Barn Fairy**



*Renaissance  
Farm*

Offering Andalusians, Lusitanos, and  
Iberian Sporthorses  
Breeding, Stallion Services,  
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Home (423)-235-9070  
Cell (call or text) (401)-965-1851

196 Wolfe Branch Rd.  
Bulls Gap, TN 37711

## CDCTS CLASSIFIED CORNER- CONTINUED

Being a horse owner for over 25 years, I understand the requirements for good equine property.

If you are looking to buy or list your house, or know someone who is, I would appreciate you giving them my name and phone number. My business grows from referrals!

As a multi-million dollar producer of residential, commercial, and equine properties, I can find you your next dream location.

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**Marge Williams**  
423-337-8249  
[myladyshire@gmail.com](mailto:myladyshire@gmail.com)  
Licensed also in Florida

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423-337-8249

[myladyshire@gmail.com](mailto:myladyshire@gmail.com)  
Licensed also in Florida



A hard crunchy treat using only natural ingredients. Sweetened with apple sauce and a honey blend, no additional sweeteners added. Containing APPLE CIDER VINEGAR with MOTHER for many added HEALTH BENEFITS. ie: kill harmful bacteria in body, lower blood sugar levels manage diabetes, improve heart and joint health.

Cider Wafers; \$15.00 a bag (60 wafers per bag)

Available for dogs also (10 oz bag); Cider Bites (med.-larger dogs), Cider Mini Bites (small dogs), \$12.00

For more information and to order go to <https://ciderwafers.com/>.

## Reach the audience you want through an ad in our newsletter

AD Size	Member Rate	Non-Member Rate
Full Page (7"wide X 10" high)	\$10 per month	\$20 per month
Half Page(7"wide X 5"high)	\$5 per month	\$10 per month
Quarter Page (3.5"wide X 5" high)	\$2 per month	\$5 per month
Business Card (3.5"wide X 2" high)	FREE	\$2 per month
Classified Ad	FREE	\$1 for each 25 words

Please send ads, via email to [coyjbays@gmail.com](mailto:coyjbays@gmail.com). Make checks out to CDCTS (put "advertising" in the check memo line) and mail them to Melissa Morehead, 11045 Friendsville Road, Lenoir City, TN 37772

### ARTICLES FOR THE CROSSING

Please submit articles for your monthly CDCTS newsletter, *THE CROSSING*. Deadline for articles is the 20th of each month. Send your article by email to: [coyjbays@gmail.com](mailto:coyjbays@gmail.com).

# 2021 EVENTS

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**Jim Koford Clinic Dates:** October 21-24, 2021; November 18-21, 2021 and December 16-19, 2021 (contact information on CDCTS website: [www.CDCTS.org](http://www.CDCTS.org))

**CDCTS Fall Schooling School,** September 25, 2021, Walnut Grove Stables, Talbott, TN

**CDCTS Fall Fun Day,** October 30, 2021, River Glen Equestrian Park, New Market, TN

## Next Meeting

October 12, 2021

Ruby Tuesday, Lenoir City, TN

*6 p.m. for dinner, 7 p.m. for meeting*

*Please RSVP to our CDCTS secretary as they do have limited space.*



YOUR CONNECTION  
TO THE LOCAL  
**DRESSAGE  
COMMUNITY**



Region 3 USDF GMO #0319

CDCTS is a USDF Group Member Organization that caters to dressage and combined training (eventing) riders and enthusiasts in the Knoxville area and throughout East Tennessee.

By joining CDCTS, you will be on the fast track to learning about shows, clinics and other great educational opportunities in our area. You will get to meet other like-minded, horse loving people, and you will become part of a group that is continually working to promote dressage and eventing in your area.

In addition, by joining CDCTS, you automatically become a Group Member of USDF, which provides you with many additional benefits in the dressage arena.

Visit us on the web for more information and downloadable content at [www.CDCTS.org](http://www.CDCTS.org)

Find us on Facebook at [www.facebook.com/CDCTS](http://www.facebook.com/CDCTS)

Become a member today and stay connected with your local dressage community!

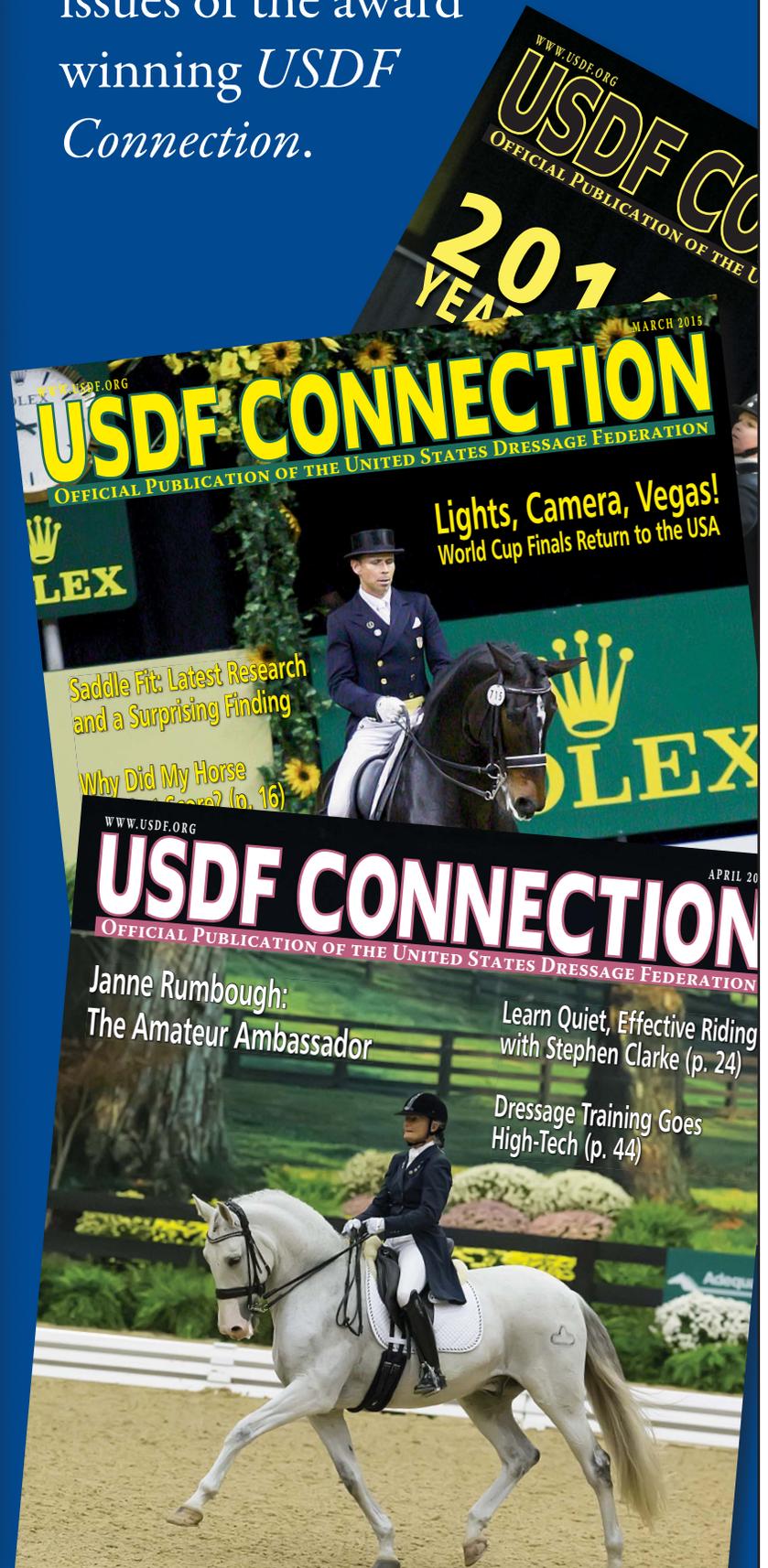
By joining, you also receive complimentary issues of the award winning *USDF Connection*.



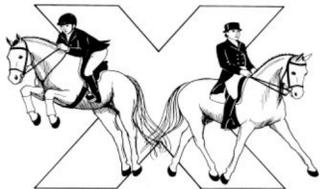
GMO

GROUP  
MEMBER  
ORGANIZATION

YOUR CONNECTION TO THE LOCAL  
DRESSAGE COMMUNITY







**Crossroads Dressage and Combined Training Society**  
**2022 Professional/Business Membership Application**



GROUP  
MEMBER  
ORGANIZATION

CDCTS membership year is 1 Dec 2021—30 Nov 2022. After 1 Dec, the effective date of membership begins the day the form and correct dues reach the CDCTS Secretary at the address below. CDCTS is a USDF GMO. For participating Membership, members must apply directly to USDF.

Professional/Business membership dues are determined annually by the board. For 2022, there is no fee to become a Professional/Business Member of CDCTS.

**Primary Contact:** First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_ Last Name: \_\_\_\_\_

**Business Name** (if applicable): \_\_\_\_\_

**Mailing or Street Address:** \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

**Primary Phone:** ( ) \_\_\_\_\_ **Secondary Phone:** ( ) \_\_\_\_\_

**Primary Email address:** \_\_\_\_\_

I would like to Join: \_\_\_\_ /Renew: \_\_\_\_ Crossroads Dressage and Combined Training Society for the membership year 1 December 2021—30 November 2022 as a **Professional or Business Member (please select one)**

a. I/we wish to provide a lecture or training series with the following details:

b. I/we wish to sponsor a class in a CDCTS Schooling Show for the following amount \_\_\_\_\_ or with the following goods and/or services \_\_\_\_\_. Please select Spring or Fall Show or both.

c. I/we wish to sponsor a \_\_\_\_\_ (trophy, ribbons, neck sashes, etc) in a schooling show. Please select Spring or Fall Show or both.

d. I/we wish to sponsor a year end award. Please specify which award and amount.

e. I/we wish to support the club in another manner. Please specify below:

Please fill your form out and mail it to:

Julie Hall, CDCTS Secretary  
P.O. Box 10801  
Knoxville, TN 37939

Office action: Date Received: \_\_\_\_\_