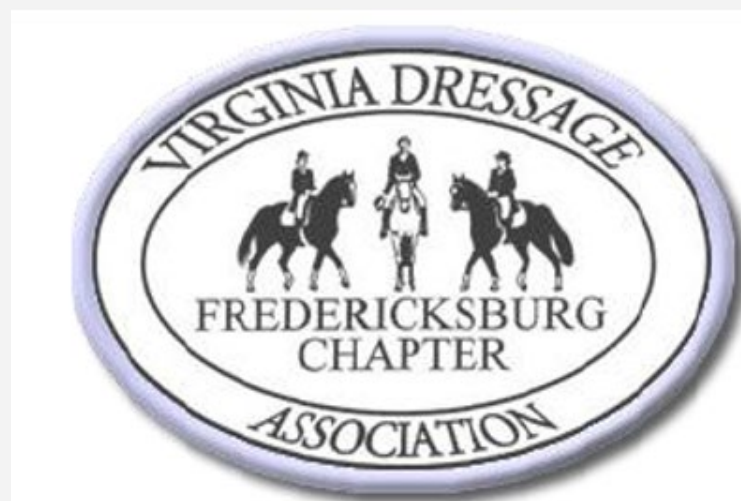


Fredericksburg Chapter of the Virginia Dressage Association

February 2023



Collective Remarks

By Anna Fox

Member Pick! What video(s) do I watch in the Dressage Naturally Video Classroom?

This month I was asked for haunches-in videos. Doing a search in the Classroom showed 25 videos that talked about haunches-in. There are lots of riding videos, at least one on long-lining and another in-hand version. The in-hand video was the longest of the ones I watched at 20 minutes. This video showed you how to use a fence line to help you create the haunches-in in-hand. This is a great skill to learn to help you, the rider, get a visual of what is going on when your horse is trying the haunches-in. Karen demonstrates with different horses, so you can see how it may look different with horses of different types and different training stages.

I picked 3 of the riding videos to watch and they are packed full of information! The first one, The Secret to Shoulder-In and Haunches-In, explained how the haunches-in is biomechanically the same as renvers and how you can use this knowledge to make a better haunches-in. Often, people feel like they are doing a good haunches-in because the horse easily swings its rear end around. Typically, this is because the horse is heavy on the forehand, thereby making it easier to move the haunches. Karen talks about how to recognize that problem, correct it, and gives some tips for “cheating” your way into the haunches-in during a test. She also talks about how not to get wrapped up in the terminology. Sometimes we focus too much on what the term says than what the exercise should be. Then, Karen demonstrates an exercise on the circle to help improve coordination in your horse, thereby improving your haunches-in.

The second video I watched was Creating more bend in the Haunches In. I thought, who hasn't seen that written on a score sheet?! Again, it turns out that lack of bend is the horse falling onto the inside shoulder in the haunches-in. Karen worked with two different riders in this video just learning the movement. She encouraged them to SLOW DOWN teaching the horses the movement through the halt and walk. Karen showed the riders how to use a neck rope to slow the front end down, rather than use their reins. She wanted them to be able to create the haunches-in at the walk with little use of the reins. A common problem is the inside rein crossing over the mid-line of the neck.

Karen explained that this is showing you that the horse is falling onto the inside shoulder and that the correction needs to be in the body (not the mouth). She challenged the riders to use their seat and thigh to create the bend while leaving the inside rein for subtle positioning of the head. In this video Karen also used the example of renvers being biomechanically the same positioning as haunches-in. Karen had the riders in this video use the same exercise she demonstrated in the first video to perfect their haunches-in. She showed them how to use this exercise throughout the arena and used sketches to demonstrate the positioning for video watchers. Karen emphasized that you should feel like your inside thigh is sending the outside front leg over and that your inside thigh needs to do the job you think your inside rein wants to do. (continued, p. 3)

“A supple horse is one who can lengthen and compress his frame as well as bend his body laterally without losing his balance.”— Sally Swift



VADA-F Officers

President: Anna Fox

Vice President: Karen Rice

Secretary: Hannah Bowers

Treasurer: Sharon Ackley

VADA-F Committee Chairs

Membership: Sharnette Atkinson

Awards: Angela/Gracelyn Martinez,
Sharnette Atkinson

Licensed Show Manager: Sharon Ackley

Education: Megan Irby, Jamie Ramirez

Volunteer Coordinators: Tara Dean

Adult Team: Teresa Crater

Youth Team: Sarah Grady

Newsletter: Karen Rice

Sponsorship/Fundraising: Chris Balasi,
Hannah Bowers

Publicity, Website: Cambray Walmer

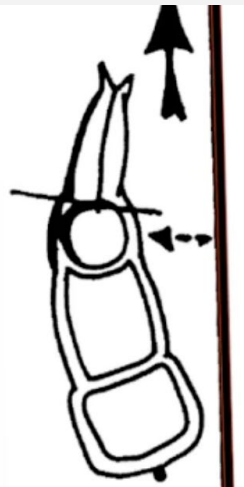
State Reps: Anna Fox, Karen Rice

Historians: Barb Ellis, Sharon Kipping

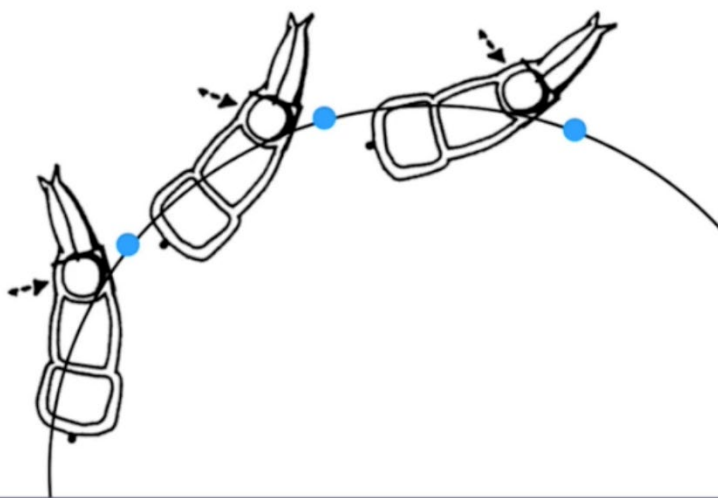
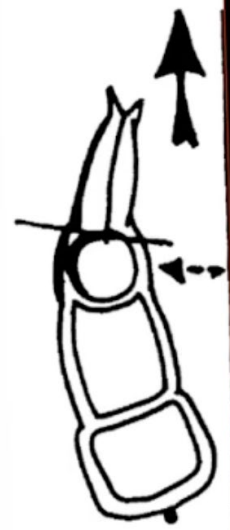
The third video was Rider's Eye View of the Lateral Work. In this video Karen films from her helmet cam, so you can see what your view as a rider should look like while in the haunches-in (and several other lateral movements). This is a great video for anyone who wants to get clear about where they should be looking or where the horse should be looking during the lateral work.

A common problem:
The shoulder falls in
and the horse
loses the bend

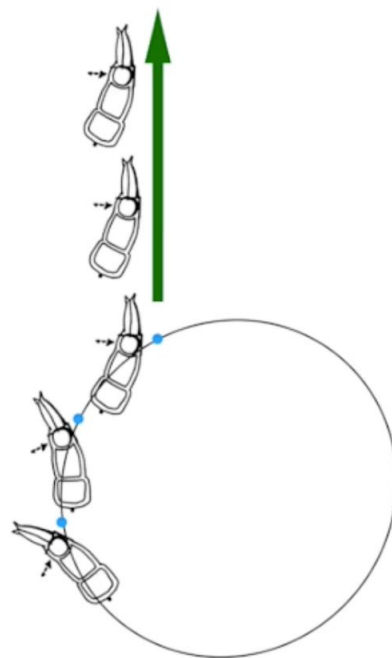
The missing skill:
To be able to mobilize
and maintain the
shoulder towards the
outside of the bend
aka: **Renvers**



Solution:
To be able to use
that skill within
the Haunches In



Counter Shoulder In Left on a circle to the right



Flow from Counter Shoulder In
on the circle to a straight line
in Haunches In

(without losing the feeling
of the shoulders staying
'into' the outside rein)

2022 High Score Awards



Training Level

Champion — Anna Shores and Sugar N Spice

Reserve Champion—Teagan Niles and Olaf

First Level Adult

Champion — Karen Rice and Pair O' Dice

Reserve Champion—Carolyn Briggs and Kaiya

Third Place—Nancy Mendonca and Danny

First Level Junior

Champion — Lottie Crawford and Get It In Ink

Reserve Champion—Cambray Walmer and Dana California

Second Level

Champion — Sarah Grady and Holly's Surprise

Third Level

Champion — Wyleng Liew and Northside Acres Konnie

Reserve Champion—Nina Cwirko and Renaissance

2022 High Score Awards

5



Fourth Level

Champion — Karen Rice and Sumatra In Love

FEI Level

Champion — Dr. Peggy Minnich and Westbrook (Intermediate I)

Reserve Champion—Teresa Crater and Uther Pendragon (PSG)

Musical Freestyle Adult

Champion — Nina Cwirko and Renaissance (Third)

Reserve Champion—Carolyn Briggs and Kaiya (First)

Musical Freestyle Junior

Champion—Anna Shores and Sugar N Spice (Training)

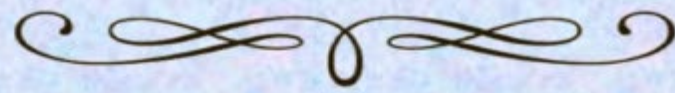
Pas de Deux

Champions — Tara Dean and Lady Weltsterns Taragon (First)

Nina Cwirko and Renaissance (First)

2022 Achievement Medals

6



Gold Medals

Carolyn Briggs and Kaiya (First)
Karen Rice and Pair O' Dice (First)

Silver Medals

Carolyn Briggs and Kaiya (First MFS)
Teresa Crater and Uther Pendragon (PSG)
Lotte Crawford and Get It In Ink (First)
Nina Cwirko and Renaissance (Third and Third MFS)
Tara Dean and Lady Weltstern's Taragon (First MFS)
Tara Dean and Three Willow's Grand Marnier (Training MFS)
Dr. Peggy Minnich and Westbrook (Intermediate I)
Teagan Niles and Olaf (Intro and Training)
Wyleng Liew and Northside Acres Konnie (Third)

Bronze Medals

Sarah Grady and Holly's Surprise (Second)
Teagan Niles and Olaf (Intro and Training)
Karen Rice and Sumatra In Love (Fourth)
Anna Shores and Sugar N Spice (Training)



2022 Nominated Awards

7



Equine Senior Award

Carolyn Briggs

Gary Locke Jr/YR Award

Anna Shores

Majic Jami

Meghan Schrader

Unsung Hero

The Walmer's

Volunteer of the Year Nominees

Chris Balasi

Vic Balasi

Angela Martinez

Gracelyn Martinez

Nancy Mendonca

Volunteer of the Year

Tara Dean





Training Level
Anna Shores (R) and Teagen Niles (L)



First Level Adult
Karen Rice (R) and Carolyn Briggs (L)

Second Level
Sarah Grady



Third Level
Wyleng Liew



First Level Junior
Lottie Crawford

Fourth Level
Karen Rice



FEI Level
Peggy Minnich (L) and Teresa Crater (R)



Musical Freestyle Adult
Carolyn Briggs

Musical Freestyle Junior
Anna Shores



Pas de Deux
Tara Dean and Nina Cwirko (not pictured)



Gold Medals
Carolyn Briggs (L) and Karen Rice (R)



Silver Medals (L to R)
Lottie Crawford, Teresa Crater, Carolyn Briggs, Tara Dean, Peggy Minnich, Teagan Niles, Wyleng Liew



Bronze Medals (L to R)
Sarah Grady, Teagan Niles, Karen Rice, Anna Shores



Equine Senior Award
Carolyn Briggs



Gary Locke Jr/YR Award
Anna Shores



Volunteer of the Year Nominees
Tara Dean (Volunteer of the Year), Vic and Chris Balasi, Angela and Gracelyn Martinez



New Year. New Goals?

Old Anxiety?



Do you get anxious just thinking about setting goals? Do you just not set any goals because you think it's less intimidating?

Setting goals can be daunting, but if you do it right, it can also be very rewarding. Learn how to set up your goals to suit your needs. Focus on your successes when you review your goals and aim BIG!

Getting where you want to go with your horse shouldn't add stress to your life. By following a system and getting really clear on what those goals are, you can make big progress. You can also take away a lot of anxiety by knowing that you are forging ahead.

Come to our club meeting on March 5th and learn all about setting yourself up for success!

Goals	Horse	Rider
3 months	<ul style="list-style-type: none"> Marked soundness Develop freedom and self-carriage in all gaits Build core strength to enable work in all gaits Balance with forward transitions Working on 2nd level collection 	<ul style="list-style-type: none"> Start groundwork to build trust and connection Strengthen lower body and core Improve balance and proprioception received
6 months	<ul style="list-style-type: none"> Secure all required movements for 2nd level Marked collection in all gaits able to perform single lead changes in and within gait and/or Be able to move laterally on the 	<ul style="list-style-type: none"> Scholarship 2nd Level test Developing relaxation in the mouth Considerable on what you feeding
1 year	<ul style="list-style-type: none"> Completing 2nd Level Be a model of the center Qualified for any Championships Meeting 2nd Level (evening may be in development phase) 	<ul style="list-style-type: none"> Show 2nd Level Have had for back collection and lateral movements
5 years	<ul style="list-style-type: none"> Completing 3rd Be sound Be happy 	<ul style="list-style-type: none"> Riding 3rd level

Make goals for you and your horse!

"The great danger for most of us lies not in setting our aim too high and falling short; but in setting our aim too low and achieving our mark." —Michelangelo

"A goal is not always meant to be reached; it often serves simply as something to aim at." —Bruce Lee

Next VADA-F Meeting

12

March 5th, Mine Run Fire House, 31077 Old Plank Road,
Locust Grove, VA 22508

Different Format!

11:00, regular meeting.

After the meeting (no later than 12:00), pot-luck lunch—Please bring a dish to share.

12:30, Presentation by President Anna Fox:
“Goal Setting for Equestrians” and group discussion

1:30, Presentation by Dr. Peggy Minnich:
“Power Your Life with Play” and group discussion

2:00 adjourn



VADA-F Business

The Fredericksburg Dressage Chapter of the Virginia Dressage Association (VADA-F) is a 501(c)(3) Non-Profit organization created to serve the needs of the dressage community in Fredericksburg and the surrounding area.

The VADA-F's Mission is to:

- Advance the discipline of dressage
- Promote the welfare and care of equines
- Offer and develop educational clinics and seminars
- Sponsor Adult and Youth Teams
- Sponsor an annual Licensed Show
- Support schooling shows

VADA-F is a chapter of the Virginia Dressage Association, which is a GMO of Region 1 of the United States Dressage Federation (USDF); all VADA members automatically become USDF Group Members. The 2023 membership year runs from December 1, 2022 through November 30, 2023.

VADA-F Meeting Minutes—January 28, 2023

Attendance: Rachel Edwards, Karen Rice, Chris Balasi, Hannah Bowers, Sharnette Atkinson, Angela and Gracelyn Martinez, Megan Irby, Peggy Minnich, Sarah Grady, Jamie Ramirez, Tara Dean, Rachel Sigler, Teagan Niles, Anna and Michelle Shores, Sharon Ackley, Diane Nathan, Teresa Crater, Lottie Crawford

Meeting Start: 11:13 am

Membership: 20 individual, 3 youth, 4 affiliate

Reminder that our new website is VADAF.org

Website improvements – membership forms, information about awards can be found in the handbook, if there are any other ideas anyone may have please email the VADA-F email

Paypal – Next step is to get this working again on the new website

AmazonSmile – Going away after February

Meeting scheduling – BRAVO! Will be our usual location but for next meeting we will be a presentation on Goal Setting for Equestrians at Mine Run Firehouse March 4th or 5th (Depending on Anna's availability) at 11am (Potluck lunch) and the VADA-F meeting as well.

Clinics ideas - Bruno Greber, Hilary Hebert, suggestion to possibly all audit a clinic together as a club sometime this year.

Meeting adjourned: 11:30 am

End VADA-F Meeting Minutes

VADA Meeting Minutes – January 5, 2023

Participating: Sheli King (VN); Bettina Longaker (Charlottesville); Alison Douglas (Central); Robyn Nunally (SVDA); Angie Stanaway (NE); Muffin Smith (SWVADA); Nancy Lowey (C'ville); Sherri Booye (C'ville); Nancy Doody (C'ville); Laura Nelson (SWVADA); Alex Jeffers (Central); Jessie Ginsburg (NOVA); Anne Draine (NEVADA); Lisa Beckwith (NEVADA); Anna Simmons (F'burg); Kathleen Kelly (SWVADA) and members Rachel Rice and Diane Boyd

Minutes: Laura Nelson made the motion and Nancy Lowey seconded that we approve the October minutes, and everyone concurred.

Treasurer's Report: Jessie reported that our combined balance is \$195,107. This doesn't count expenses from the banquet or some smaller checks from last year.

Annual Awards Banquet: The date is February 5th from 11 am to 2 pm at the same venue, Greencroft Club in Charlottesville. Registration and payments are online. Nancy Doody has done a wonderful job procuring items for the silent auction. It's going to be great this year. Bring your checkbooks! No credit card payments. Competitors are doing a good job of complying with deadlines for the awards. VIP is almost ready to be sent out by Rachel. Chapters need to send their State Vol of the Year selection to Alison Douglas.

2023 officers: Laura Nelson and Nancy Lowey were the nominating committee and presented the following for the slate of officers: Michelle King for President, Bettina Longaker for Vice-President, Jessie Ginsburg for Treasurer, and Alison Douglas for Secretary. No nominations from the floor. Officers were elected as presented.

2023 Purple Book: Chapters need to submit their information by January 25th to Alison Douglas and Sheli King. This will be the last hard copy of the book.

Shel Gafford Award: Two nominees have been sent out to chapters who need to send Chapter result to Sheli King.

GAIG Regional Survey Form: Diane reported that the management team got excellent reviews. Issues concerning participants were the disparity between the indoor and outdoor arena footing, some facility issues (which are pretty much out of our control), and the night classes running late (only solution would be to limit the number of open class entries). Note to competitors for the GAIG show in the fall- it falls on a parent's weekend for one of the universities so hotel rooms will be at a premium. Book early. Dates for GAIGs are October 5th thru 8th. DAL is July 14th thru 16th.

2023 Youth Team Competition: Will be held in Culpeper June 25th-26th. LVDA is running the show and they are a 501c3 organization. We will loan them our rings. Chapters should decide individually if they want to financially support or let volunteer hours count for Chapter hours. They will not count for VADA.

AOB: Sheli wants to have a big-name clinic in 2024. We need feedback for clinicians and venues. The VHC and Old Raptor Farm were mentioned. Lisa Powers brought up the IEA will be having their equitation finals March 11th at Liberty University. Levels don't go above 1st. They need loaner horses and saddles (23 saddles). Please contact her if you can help.

Chapter Updates: PLEASE MAKE SURE YOU ARE SENDING INFO TO NANCY DOODY FOR THE WEBSITE

Central- Awards banquet will be held January 29th. They also sent out a member survey asking for feedback of how members see the direction of the club and what they want.

Charlottesville- They are planning an "Up the Levels" clinic with Carter Bass for the new tests April 1-2, 2023. The first day will be for levels 1-4 and the second day will be FEI. The clinic will be in Afton and open to everyone. April 15th and 16th they have having a MFS clinic with Terry Gallo in Afton. They are planning a Bragdell clinic April 26-27 also in Afton.

Fredericksburg - Awards banquet will be held January 28th.

NEVADA – Awards banquet will be held January 22nd. Upcoming show schedule is being worked on.

NOVA –Planning a judges round table for Feb 20th from 6 to 9 pm with CE credit. The focus will be on the new tests. The clinic is free for judges and L grads with a nominal fee for auditors. Heidi Berry will be running it. On March 18th they will be having a fix a test clinic with Donna Gatchell and a schooling show at Morven on March 19th.

ShenVADA -

SVDA- Awards banquet is January 21st. They have 9 schooling shows planned for the year but they will not be part of the USDF schooling show program. Reporting requirements are the issue.

Southwest- They have their annual awards banquet and general membership meeting in conjunction with the Blue Ridge Eventing Assoc at VA Tech on February 26th. They will have an educational forum with a judges panel.

NEXT MEETING March 2nd at 8pm

Meeting adjourned at 9:08 pm.

Respectfully submitted by Alison Douglas

End VADA Meeting Minutes

Upcoming Events:

February

5, VADA Awards Meeting, Greencroft Club, Charlottesville, 11-2. On-line registration required: [Year-End Awards Recipients and Banquet | My Site 3 \(viriniadressage.org\)](#)

April

1-2, Up Through the Levels with Carter Bass, Afton Stables, Afton

16-17, Freestyle clinic with Terry Gallo, Stave Mill Farm, Esmont

26-27, Michael Bragdell clinic, Afton Stables, Afton

29-30, VADA-CC, Dressage at the Meadow I and II, Doswell

May

18-21, Mid-Atlantic Dressage Festival, Lexington

June

17-18, VADA-CH, Isabel De Szinay Dressage, Culpeper

21, CDCTA Dressage at Great Meadow, The Plains

25-26, Youth Competition, Culpeper, Lehigh Valley Dressage Association (<https://www.lvda.org/youth-dressage-team-challenge>)

July

14-16, VADA Dressage at Lexington

August

23-24, ERAHC Virginia Classic Dressage I and II, Lexington

September

9-10, **VADA-F** Dressage at Rose Mount I and II, Spotsylvania

October

5-8, USDF Region 1 GAIGs, Lexington



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