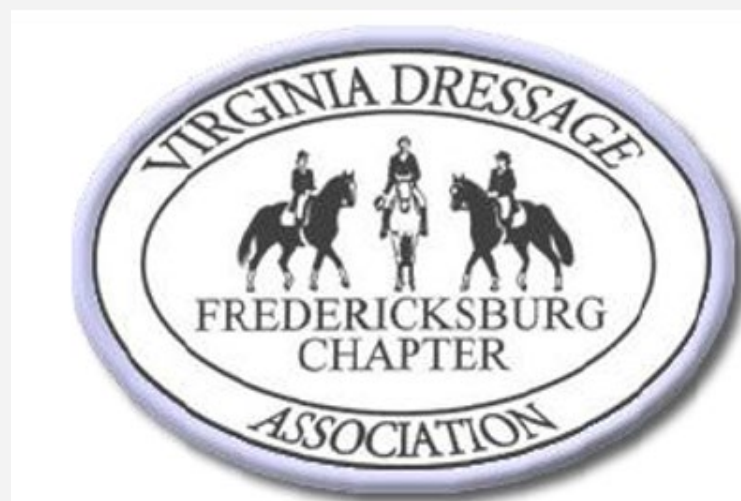


Fredericksburg Chapter of the Virginia Dressage Association March 2023



Collective Remarks

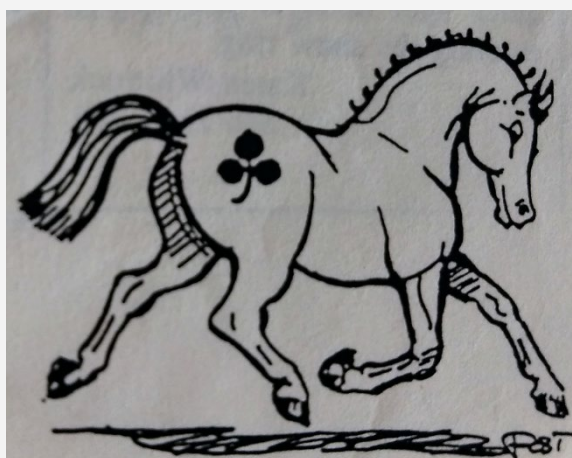
By Anna Fox

Members, welcome to March! It seems like spring might be upon us, but as a natural skeptic I'm pretty sure that now it will snow in April. Regardless, are you ready for the season? This month's meeting is jam packed with information to get you prepared. Don't miss out! Read the details on pages xx-xx.

In the spirit of getting prepared for riding tests, I watched a video from the Dressage, Naturally Video Classroom (remember, you can get free access!) titled, Dec 2018: Exercises For Shortening From Canter Lengthenings. This video is just 15 minutes long, but it is full of information. Karen is riding one of her own horses as a demo during a clinic. In the beginning of the video Karen explains that she is going to show the group her typical warm up for this kind of exercise and that she will exaggerate some of her aids and use clucking or a smooching sound to help the observers understand when she is asking for more engagement (because the horse shouldn't go faster). During the warmup Karen talks about how important it is to have engaged upward and downward transitions. She talks about not stopping a gait but starting a new one. As she works on walk-trot-walk transitions you can hear her clucking in the downward transition and really allowing the horse to bring his hind legs under him quicker as he begins the walk. Karen notes that this is generally a low-energy horse, so she rewards him when he is eager to offer an upward transition or even more energy than she asked for. When the horse is easily stepping into the canter, Karen explains how the ten-meter circle is great for testing collectability at the canter.

The exercise Karen demonstrates is a ten-meter canter circle to a lengthen and then back into a ten-meter circle. She doesn't ask for a huge lengthening from the start, just enough to encourage the horse forward out of the circle. In the beginning, he struggles a bit to come into the circle after the lengthening. (continued on p. 3).

“Good energy comes about through patient, correct training and a steady, consistent routine whereby the horse comes to understand what is wanted. Therefore the horse remains calm and he is able to respond willingly to reasonable requests.”—Erik Herbermann



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Newsletter: Karen Rice

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Hannah Bowers

Publicity, Website: Cambray Walmer

State Reps: Anna Fox, Karen Rice

Historians: Barb Ellis, Sharon Kipping

Karen has to use more rein aid than she believes is ideal, so she makes the point to explain that when doing this she likes to “get in and get out”. Meaning that she makes the correction quickly (and it may be ugly for two steps), but then she allows the horse to carry himself nicely around the rest of the circle. After that, she allows him to take a break. Karen explains that this is to allow both horse and rider time to think about the exercise. This is also considered a “strength move,” so we need to give the horse lots of breaks to not too quickly fatigue the muscles. As she gathers the horse up again, Karen explains that the feeling she wants during this exercise is that the horse is helping her. He is ready for what is coming and figuring out how to manage the exercise. She says that if she feels this, then she can decide to proceed through the corner without the second circle. Karen gives a count of three strides to return from the lengthening before she goes into the circle. As they progress, Karen eliminates the first ten-meter circle because the balance improves (and the horse can conserve more energy without it).

There were a few things that I appreciated about this video. First, Karen's ability to clearly show and explain how she is using her aids. Second, how she addresses an “ugly” moment when she does have to make a correction and says that those “moments” are ok. The video angles are also very helpful because you see Karen's legs activating and the horse responding by activating his own hind legs. It also makes clear that the rhythm doesn't change, simply the length of the strides.



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 exercises Develop rebound and self-carriage in all gaits Build core strength to enable horse to sit steadily Balance with faster transitions Working in 2nd level collectably 	<ul style="list-style-type: none"> Start groundwork to build trust and partnership Strengthen lower back and core Improve balance and gait length/stride
6 months	<ul style="list-style-type: none"> Balance of required movements for 2nd level Marked exercises in all gaits Ability to perform simple transitions in and within the gait and/or Be able to move steadily on the 	<ul style="list-style-type: none"> Scholarship 2nd Level test Developing relaxation in the mouth Concentrate on what I am feeling
1 year	<ul style="list-style-type: none"> Completing 2nd Level Be a competitive jumper Qualified for any Championships Working 2nd Level (throughs, half-halts in development phase) 	<ul style="list-style-type: none"> Show 2nd Level Prep for 3rd level collection and lateral movements
5 years	<ul style="list-style-type: none"> Completing 3rd Level Be a Be a 	<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

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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 member Dr. Peggy Minnich:
“Power Your Life with Play” and group discussion

2:00 adjourn



Greetings Members!

As a member of the Historian Committee, I am gathering information regarding the Formation of the Dressage Clubs in Virginia.

Did you know that in 1976, before the U.S. Dressage Team won a Bronze Medal in Montreal, the VADA existed? In the beginning, Virginians interested in dressage joined their Northern neighbor, the Potomac Valley Dressage Association (PVDA). In 1971, the Virginia Dressage Association evolved out of the PVDA and was established.

In 1974, the VADA became a Charter Group Member of the United States Dressage Federation (USDF), when the USDF was founded. All VADA members became a Group Member of the USDF.

The original VADA had no Chapters. The 15 Board Members were elected by written ballot by the general membership. Horse shows were needed to make a fledgling association viable. Frying Pan Park (Herndon, VA) was the first USEF/VADA Recognized Dressage show; other early shows included those at the Foxcroft Girl's School and the Virginia State Fairgrounds.

I will close for this month, more to follow as we delve into the formation of the 8 Chapters now hard at work, bringing you and your equine partners learning and challenging adventures.

Barb Ellis and Sharon Kipping, Historians for VADA-F



**Congratulations to the VADA-F Members Who Won 2022
Riding Awards presented at the VADA Banquet in
February:**

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Lottie Crawford



Anna Shores



Peggy Minnich



Nina Cwriko



Nina Cwriko & Tara Dean



Wyleng Liew



Karen Rice

**Keep up the great work and we look forward to watching your
continued success in 2023!**

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—No February Meeting

End VADA-F Meeting Minutes

VADA Meeting Minutes – No February Meeting

End VADA Meeting Minutes

Upcoming Events:

April

- 1, Up Through the Levels with Carter Bass, Afton Stables, Afton
- 15-16, Freestyle clinic with Terry Gallo, Stave Mill Farm, Esmont
- 22, VADA-CH schooling show, Stuart's Draft
- 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

- 12, VADA-CH schooling show, Grayson Farm, Scottsville
- 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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