



# Maine Dressage Society



## SPRING NEWSLETTER

Issue # 72

March 2012

### From the president.....

#### Inside this issue:

Welcome to the 2012 show season!! I hope you are all as excited about it as I am!

- |   |       |   |
|---|-------|---|
| <i>CMDA News</i>  | 2     | The warmer temperatures and fast melting snow has brought with it the opening date of the first MDS show of the year at Puckerbrush. We are off and running and don't end until November!   |
| <i>EMDA News</i>  | 3     | Make sure you take some time to look through your beautiful omnibus and notice when opening and closing dates are for the shows you would like to attend. Let's all try really hard to be prepared this season and have our entries in on time! It's difficult for show managers to not know how many riders to plan on until right before the show. They don't want to disappoint you (so some will make exceptions if you call last minute), but please be courteous and respect the deadlines set forth in your omnibus! |
| <i>Article: Springing forward... a new look at legging up</i> | 4-5   | The MSD 'L' program Part II starts in a few weeks down in FL. Cheer on the MDS 'L' candidates participating- it will be great to have more judges to choose from next year! Thank you to the volunteers who are traveling around with them as their scribes. Your help is invaluable!   |
| <i>NMDA News</i>  | 6     | MDS hopes to promote and host more clinics this year and perhaps a symposium next year. If you have any suggestions, please contact me. MDS wants to hear from you! NEDA and MDS are co-sponsoring a volunteer clinic at Pineland Farm on April 14, 2012! Please follow this link to take part!   |
| <i>SMNDA News</i>   | 7     | <a href="http://events.r20.constantcontact.com/register/event?oeidk=a07e5k4v7364f3488a8&amp;llr=rhfkjucab">http://events.r20.constantcontact.com/register/event?oeidk=a07e5k4v7364f3488a8&amp;llr=rhfkjucab</a><br>This is a great opportunity to learn about entry forms and membership requirements, scribing, scoring, and ring stewarding! We look forward to seeing all you newly educated volunteers out and about at the shows this year! Thank you for all your help!   |
| <i>WMDEA NEWS</i>   | 8     | Remember to sign up for your local chapter membership and your MDS horse registration before the start of your first show so that all your scores count! Forms can be found on our website  |
| <i>Reminders</i>  |       | <a href="http://www.mainedressagesociety.org">www.mainedressagesociety.org</a>  |
| <i>Protective Headgear policy</i>                             | 9     | I'll start my reminders now about submitting show results and pictures from this year! MDS is made up of wonderful riders and horses. Help us showcase them by sending tidbits for the newsletters and website!   |
| <i>NEDA/MDS Workshop</i>                                      | 10-11 | I have a good feeling about this year! I know that people are motivated, have been working hard all winter, and are anxious to get traveling to shows, clinics, and lessons! So shed those ponies out, hose the mud off, and get out there! I can't wait to see you all!  |

Bryn Walsh  
MDS President

#### Board of Directors:

- President: Bryn Walsh (207) 234-2147 or BERedman23@hotmail.com  
97 Miles Rd Newburgh, Maine 04444
- Vice President: Beth Brainerd (207) 743-6546 or hbf@roadrunner.com
- Secretary/Newsletter: Michelle Zambrano (207) 564-8992 or leibchon@hotmail.com
- Treasurer/Membership: Tammi Brown (207) 735-8113 or tammib71@msn.com  
PO box 283 Bradley, Maine 04411

**CMDA News**

Pres. Cheryl Peaslee 458-7272 capeaslee@yahoo.com  
V. Pres Nikki Kailsson 661-414-4113 dltperformance@yahoo.com  
Sec. Rebecca Morse 623-3189 beckymorse@roadrunner.com  
Treas. Suzanne Crowell 688-2268 scrowel2@mainerr.com



Welcome to the New Year from CMDA board members. We have been a busy group setting up educational activities for our club this year. As many of you may know we held a “Kur for a Kure” to benefit the Patrick Dempsey Foundation, and raised close to \$800.00 to benefit cancer patients and their families. This year, to help anyone who would like to learn more about “riding to music” we are planning a clinic with Michael Matson in June. Stay “tuned” as we finalize plans for this event.

Our show dates are June 10<sup>th</sup> at the Pittston Fair grounds. July 22 at Esprit Equestrian Center in Durham. October 6 (OCT. 7 IS A RAIN DATE FOR THIS SHOW) show with the “Kur for a Kure” at Pepper Creek Farm in Gray. Please remember to get your entries in early.

In the fall, we are looking at dates in September, we will be holding a Clinic with Jan Ebeling. We hope you will come out and ride with him or audit this wonderful opportunity to see a high level rider/trainer.

Our next meeting will be in April or May. Hope to see you all there.

*“Correction does much for the horse, but encouragement does more”.*

# EMDA News

Hello and Happy Spring from Eastern Maine Dressage Association! I'd like to introduce myself to everyone as the new president for EMDA, Rebecca Reed. I am very excited to take on this position and am looking forward to the upcoming season with EMDA. Some of the projects I am looking to get underway are a clinic/symposium later in the summer, and also some smaller scale educational activities. The purpose of EMDA, like MDS, is to support dressage in the state by educating it's members and I hope to plan some great new events towards that purpose.

I'd love any feedback from our members regarding clinic and/or educational topics. Please contact me directly at [b\\_girl52@hotmail.com](mailto:b_girl52@hotmail.com).

Following are upcoming dates for EMDA schooling shows:

-Sunday June 10th Rider Run at Peppergrass Farm in Dixmont

-Sunday August 5th Rider Run at Puckerbrush Farm in Newburgh  
Please contact me, Rebecca Reed at [b\\_girl52@hotmail.com](mailto:b_girl52@hotmail.com) for more information on these two shows and job assignments.

-Sunday September 16th EMDA Benefit Show at Stepping Stone Farm in Carmel. Show contact is Kris Nicola at (207)848-5310. Thank you to Kris for offering this wonderful benefit opportunity for EMDA!

I'd like to say a special thank you on behalf of all of EMDA to Betsy Hudson. Betsy was our most wonderful leader and president for the past many, many years! Without Betsy's hard work and dedication EMDA would not be where we are today! Thank you to Betsy for all of her years of dedication to the sport and to this organization!

EMDA's annual award banquet was graciously held once again in November at Clare and Lew Payne's home in Holden. Thank you to Clare and Lew for hosting the banquet. We had a lovely turnout for this year's banquet and lots of yummy food to boot! Below please find a list of EMDA's year end award recipient's.

I hope that everyone has a great spring without too too much mud, and that everyone is excited to get out and about with our wonderful equine partners this season!

Best,  
Rebecca Reed



## EMDA 2011 Year End Results

### Intro Level Sr

Jessie Darkis Littles 69.375  
Jessie Darkis Bruizer's L'il Star 66.541  
Rassy Mitchell Greta 62.187

### Training Level Jr

Caroline Fernald Spirit 60.357  
Shelby Wheeler Active Imagination  
Brienne Parent Ducati 58.800

### Training Level Sr

Sandi Oliver Noah 69.400  
Kathleen Fox Sammy 64.000  
Karin Giordano Blues Art In Motion 63.400  
Emily Hardy No It All 62.400

### First Level Jr

Maureen Trundy Sir Lancelot 71.613

### First Level Sr

Kathleen Fox Sammy 63.104  
Karin Giordano Blues Art In Motion 61.724  
Jeryllyn Blethen Majik 60.000

### Second Level and Above Jr

Maureen Trundy Sir Lancelot 68.095  
Emma Oppewall Puttin' On The Fritz 62.100%

### Second Level and Above Sr

Bryn Walsh Favereux 66.645 (Intermediare 2)  
Becky Reed Wilton 64.125 (PSG)  
Bryn Walsh No Limit 62.105 (PSG)  
Karin Giordano Furst Fieval 60.877 (2nd)  
Jeri Blethen Majik 59.714 (2nd)  
Betsy Hudson Astra 58.946 (3rd)

**The Lavelli Trophy:** A senior rider the first year they qualify their horse at First Level with the necessary number of scores: Kathleen Fox

**The Leonardi Trophy:** Highest median score for the junior or senior riding at Training or First Level: Maureen Trundy

**The Mary Kate Davitt Award:** "a training level senior rider who demonstrates continual enjoyment and love of the sport of dressage." Sandi Oliver

### EMDA Board Members

President:	Becky Reed	478-2097
Vice Pres:	Bryn Walsh	659-3129
Secretary:	Cassie Elia	262-0133
Treasurer	Kitty Mitchell	525-4435

[b\\_girl52@hotmail.com](mailto:b_girl52@hotmail.com)  
[BERedman23@hotmail.com](mailto:BERedman23@hotmail.com)  
[ridinraffles@yahoo.com](mailto:ridinraffles@yahoo.com)  
[kittym7@myfairpoint.net](mailto:kittym7@myfairpoint.net)

## Springing forward... a new look at legging up

One of the toughest barriers to overcome in moving up the levels in northern climates is lack of an indoor arena. While most of us enjoy a wonderful winter ride, serious schooling can be totally hit or miss any given winter. Most of us are just resigned to taking the winter off, and often feel like we are 'starting all over' every spring.

In fact, time off is extremely beneficial for horses. Judicious time off can be nothing short of miraculous. BUT, one of the toughest hurdles to overcome for the part-time rider is getting the horse strong enough to do the sit an lifting required to move up into the higher levels.

Top cometicitive endurance horses are regularly given regular chunks of down-time, after 'the season,' not unusually as much as three or four months. And yet, how can they compete again at the same level (50 or 100 miles) after such a long time off—wouldn't it take months and months to bring them back? Not so much.

The secret—and science--behind the kind of extensive strength, cardiac and toning conditioning of these high-end athletes is to never train the same two days in a row. They rotate between long, slow distance (LSD), cardiac, and other types of conditioning, (hillwork, dressage,) with built in, required rest days as well.

From TheHorse.com : *“we know that stress injuries are repetitive loading injuries. If you keep doing the same thing again and again, you risk injury.”*

Ever have the experience of having a fabulous clinic, one, two or three days, then getting on the next day only to have it all fall apart? You are most likely asking the horse to 'do the same thing' and use muscles that are (quite) sore from the 'new' or 'advanced' work at clinic. Try doing something completely different—a hack, a day off, etc. **Then** come back to the new work a couple of days later. The horse will thank you and you'll be far less frustrated!

Dressage riders will be amazed at the results of using this model of conditioning. At first it might seem like you aren't 'schooling' enough; but you will quickly realize the strength and soundness built adapting this strategy can be the difference between moving up a level (or two!) a year, and being stuck forever on 20 meter circles.

LSD is exactly what it sounds like: After the first week to ten days of working in tack for gradually increasing back time, you can head out on paved roads, dirt roads or trails. The harder the footing the better, because this time is about strengthening tendons and ligaments. (Studies in racing TBs and young Event horses have proven that young horses started this way develop better bone than those ridden exclusively in 'good' footing.) A horse with a good base of LSD will come back faster each successive time off.

So at least once a week you head down the paved road, building from a half-hour to up to three or four hours. Trotting on soft shoulders when you can is great, but LSD is about long & slow.

The next day you would either give a day off, or do something **completely different**; School, trot sets (interval training,) jump, lateral work/stretching, hillwork. And the next day you do something DIFFERENT again. After three or four days, you give a day off, generally after the most taxing work (learning a new skill, polishing difficult movements, etc.) In early spring, that would probably be the day after a dressage school, especially working in collection, or after increasing interval training (hillwork or trot sets.)

Most high level trainers use this pattern without even thinking about it. They don't come out and work the 3Ps, changes, collection or extensions day after day. The first day after a day off starts with stretching & suppling work. The next day they will start to put together the collection, perhaps with collecting lateral work like travers, renvers and half-pass. Day three they might get on and just focus on changes, or canter departs, or pirouettes... And rides vary between longer stretching/suppling rides, and short, intense upper-level-movements rides. Of course you are using other aspects daily, but the idea is you are not drilling the same movements or patterns. This gives muscles time to both recover and strengthen. And it gives brains time to let the lessons sink in. You're not throwing the baby out with the bathwater—you want a horse correctly forward, stretching over the back when doing hillwork, or trot-sets... (but you DO want to allow lots of free walk during LSD, as long as the back is not hollow.)

You can still end up 'schooling dressage' every other day. But conditioning will come back stronger, faster and better if you vary between the LSD, cardio, and 'schooling.' And you'll probably be wonderfully surprised if you've never considered cross-training by how lovely a little jumping or hillwork makes your dressage ride. Hiking your stirrups and riding in (correct) two-or three point can help you too—hips and knees and ankles and elbows... all sorts of benefits.

## Northern Maine Dressage Association

### NMDA NEWS

President: Michelle Zambrano 564-8992  
 Vice-President: Lydia Rose 564-3499  
 Secretary: Stacia Russell 564-3080  
 Treasurer: Laurie Harvey 564-3598  
 Show Chair: Alison LaCourse 343-2270  
 Activities Chair: Elisha Harvey 279-0048  
 Awards Chair: Brad Snow 327-2622  
 Junior Rep: Sadie Zambrano



***"One man's wrong lead is another man's counter-canter."***

Tack is cleaned, trailers are registered, and white breeches are on--- Show season has begun. Hit the road and enter the arena; it is time to show off all of the hard work you have learned, all of the time you have put in, over the winter. Whether you are competing Intro or Grand Prix, you deserve to shine. Northern Maine Dressage Association aspires to meet the needs of each and every rider.

Don't forget to join us at our NMDA shows in 2012. We have great judges, nice show grounds and the friendliest horse people around. Come join the fun!

#### **Our 2012 Show Dates:**

<i>Saturday June 23, 2012</i>	<i>East Ridge Stables</i>	<i>(L) Sandra Beaulieu</i>
<i>Saturday July 21, 2012</i>	<i>Infinity Farm</i>	<i>(L) Carol Poulin-Taylor</i>
<i>Saturday August 18, 2012</i>	<i>Stone Ridge Stables</i>	<i>(r) Susanne Hamilton</i>
<i>Saturday September 22, 2012</i>	<i>Isaac Royal Farm</i>	<i>(L) Yvonne Coleman Larson</i>

*See the MDS Omnibus or the MDS website for show details and schooling show entry forms.*

### **Congratulations to NMDA Year-End Awards Recipients:**

We hosted the NMDA year-end awards banquet at the Zambrano's home on February 12th, 2012. It was a fun event with delicious food & great company.

Intro Jr:	Champion Roseanna LaCourse on Zebulon	First Jr	Champion Roseanna LaCourse on Sera Binte
Training Jr	Champion Jennifer Hastings on Kya	Res. Champ	Amanda Snow Super Star Version
Training Sr	Champion Elisha Harvey on Martine ("Lil")	First Sr	Champion Gail McCormack on Reginald
	Res. Champion Joan Shapleigh on Houston	Res. Champ	Michelle Zambrano on Artex
		Third	Kathleen Fox on Sammy
		Third Sr	Champion Paula Foote on Misbehavin
	High Point Sr.		Elisha Harvey on Martine
	High Point Jr		Roseanna LaCourse on Zebulon
	Vintage Rider Award		Joan Shapleigh on Houston

**SMDA**

**President** Robyn Cuffey 929-6562 robyn@sacoriver.net

**V. president** Wendy Brunson 839-2114 wnbrunson@aol.com

**Secretary** Elena Raymond elena\_raymond@yahoo.com

**Treasurer** Beverly Dudley 642-3696 drkside@fairpoint.net



SMDA has added para equestrian classes this year to their show class list. See our website for classes offered and requirements to enter.

This is SMDA's 25th anniversary year. We have had a t shirt design contest (winner to be announced) and have a celebration in the works for this September. WE are looking for past presidents and officers so please contact us if you were involved in the early years of SMDA.

We have awarded an SMDA grant this year to Jane Tremlett to help her finish the L judges program. She is headed to FL in March to begin the next part of the program.

Our Shannon Dueck clinic April 28 and 29 is full and we have a good span of riders from 1st level to Grand Prix. The symposium will be held at Spring Creek Farm in Lyman, Maine. The facility, conveniently located ten minutes from the turnpike, has a large indoor arena, a heated viewing area, and comfortable facilities for auditors.

**SMDA 2011 Year End****Intro A**

1. Isabel Courtney/ Joseph Courtney 64.63
2. Wendy Flowers/ Badieh Najm 61.733
3. Helen Reindeau / Ice On My Zipper 60.03

**Intro B**

1. Isabel Courtney/ Joseph Courtney 67.33
2. Wendy Flowers Badieh Najm 62.733
3. Cindi Spear/ Tiernan BTF 62.33
4. Julia Donley/ Cerena 62.13

**Intro C**

1. Jean Murphy Ashton/ Geartsje fan't Reidffjild 66
2. Cindi Spear / Tiernan BTF 62.33

**Training 1**

1. Jean Murphy Ashton/ Geartsje fan't Reidffjild 62.83
2. Olivia Hamblin/ Conversano Druid 61.83
3. Heather Stringer/ Mozart 57.40

**Training 2**

1. Allison Cox/ Enchanted Forest 66
2. Olivia Hamblin/ Conversano Druid 60.53

**Training 3**

1. Allison Cox / Enchanted Forest 66.66
2. Elizabeth Tewksbury/ Dreamy Starlet 62.8
3. Katie Marshall/ Sterling 61.466
3. Jocelyn Deshene/ Run Around Sue 61.466
4. Kate Remley/ Dynasty 58

**Prix caprilli**

1. Elizabeth Tewksbury/ Dreamy Starlet 67.5
2. Julia Donley/ Bartholomew 63.9

**1st 1**

1. Polly Sheilds/ Enchanted Rose 66.365
2. Jocelyn Deshane/ Run Around Sue 62.66
3. Elizabeth Tewksbury/ Dreamy Starlet 61.73
4. Kendra Stringer/ Summertime Safari 56.366

**1st 2**

1. Jane Tremlett / Corina 68.936
2. Rebecca Jones / Sidney 65.633
3. Robyn Cuffey / Wendy Ridgecrest 62.4
4. Elizabeth tewksbury/ Dreamy Starlet 57

**1st 3**

1. Jane Tremlett / Corina 68.947
2. Rebecca Jones / Sidney 64.66
3. Robyn Cuffey / Wendy Ridgecrest 63.38

**3rd 1**

1. Robyn Cuffey/ Charlie 62.5

**3rd 3**

1. Robyn Cuffey/ Charlie 62.53

**High Score Senior**

Jane Tremlett/ Corina 68.947

**High Score Junior**

Isabel Courtney/ Joseph Courtney 67.33



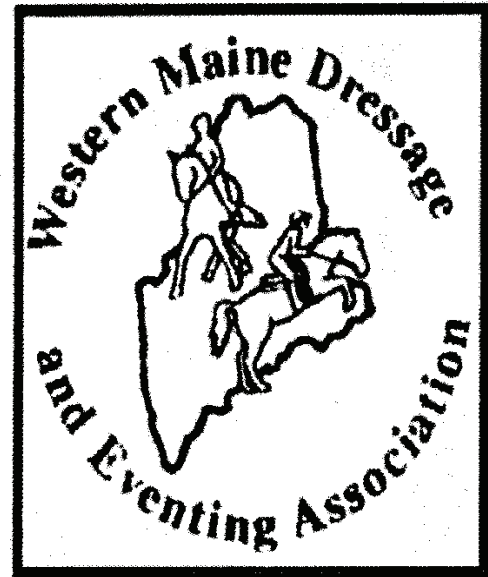
## WMDEA NEWS

### OFFICERS:

President	Kate Holden 743.6546
Vice President	Pat Martin 890-3112
Secretary	Sandy Snow 674-3629
Treasurer/Membership	Beth Brainerd 743-6546

### MDS Board of Directors

Pat Martin Beth Brainerd Cassie Martin Stephanie Hatcher Kate Holden Tina Brooks



## Reminders

All Forms can be found on the Maine Dressage Society Web page.....

[www.mainedressagesociety.org](http://www.mainedressagesociety.org)

Remember to check out the Classifieds on the MDS Website....

Want to volunteer! Please contact any Board member and we would be glad to give you a job!

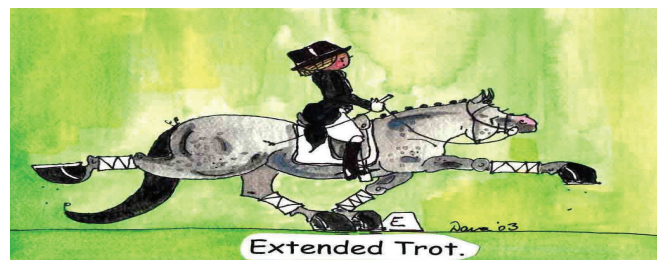
Have you mailed in your membership form to your club treasurer?

Have you sent in your Horse registration to Beth Brainerd?

*“Ability is what you’re capable of doing. Motivation determines what you do. Attitude determines how well you do it.”*

*~ Lou Holtz*

“A horse is like a best friend. They`re always there to nuzzle you and make your life a better place”.





## Maine Dressage Society Policy Regarding Protective Headgear



Maine Dressage Society (MDS) is concerned about rider safety, and recognizes that riders must be correctly attired for the equestrian activity in question, that attendants be neatly dressed and that horses be properly presented. In accordance with these principles, MDS has adopted the following helmet policy, effective April 19, 2011. This policy complies with USEF Rule DR120.5, which was amended effective March 1, 2011, and is in some respects more comprehensive than Rule DR120.5.

### **Any MDS Events Other Than Horse Shows Recognized by the United States Equestrian Federation**

At any MDS event other than at a horse show recognized by the United States Equestrian Federation (including, but not limited to, schooling shows, clinics and symposiums):

- ~ It is compulsory for all riders (and, beginning in 2012, clinicians) to wear properly fastened protective headgear which meets or exceeds American Society for Testing and Materials / Safety Equipment Institute (—SEI) standards for equestrian use and carries the SEI tag (—**Protective Headgear**) while riding anywhere on the event grounds at any time during the MDS event.
- ~ All Protective Headgear must be properly fitted with harness secured.
- ~ Any rider without Protective Headgear will immediately be prohibited from further participation in the MDS event until such headgear is properly in place and/or, at MDS's sole discretion, may be prohibited from participating further in the MDS event.
- 

### **MDS Horse Shows Recognized by the United States Equestrian Federation**

At any MDS horse show recognized by the United States Equestrian Federation, except as may otherwise be mandated by local law:

- ~ It is compulsory for (a) all riders under age 18, (b) all riders while on horses competing in national level tests, (c) all riders competing in para-equestrian tests, and (d) all riders while on non-competing horses to wear Protective Headgear while riding anywhere on the show grounds at any time during the horse show. When a horse is competing in both national and FEI levels or tests (e.g. Fourth Level and Prix St. Georges), the rider must wear protective headgear at all times when mounted on that horse on the competition grounds and during *all* tests.
- ~ It is compulsory for all riders over age 18 competing in FEI tests to wear Protective Headgear while riding anywhere on the show grounds at any time during the horse show, *except*: (a) after their warm-up, when the rider is about to enter, or is in, the competition ring, or (b) when the rider is about to enter, or is in, an awards ceremony (at which point, in either situation, the rider may wear any attire the FEI has approved for the competition ring).
- ~ Once the rider has left the competition ring or awards ceremony, the rider must promptly return to wearing Protective Headgear if the rider remains mounted.
- ~ Any rider may wear Protective Headgear in any division or test at any MDS horse show without penalty. MDS strongly encourages all riders to wear Protective Headgear at all times when mounted.
- ~ All Protective Headgear must be properly fitted with harness secured.
- ~ Any rider without Protective Headgear will immediately be prohibited from further riding until such headgear is properly in place.

## **New England Dressage Association Sponsors, In Conjunction with Maine Dressage Society How To Be A Dressage Show Volunteer Series**

Volunteers are the backbone of most dressage shows, and thanks to the efforts of the New England Dressage Association (NEDA), and the Maine Dressage Society (MDS), potential volunteers will now have the chance to receive training in some of the behind-the-scenes aspects of running a dressage show. NEDA is offering a series of traveling workshops that will take the sport of dressage to a higher level by training scribes, stewards, scorers and show participants. The goal of these workshops is to offer a fun experience combined with an educational opportunity for potential volunteers. We hope to create a volunteer work force that will help host better competitions.

MDS and Pineland Farms have joined together to host a workshop Saturday April 14, 2012. The workshop will be held from 10 am to 2pm at Pineland Farms in New Gloucester. Registration is free and lunch will be included.

The workshop will include 45 minute sessions for scribes, stewards, and scorers, as well as a 30 minute session on basic show dynamics and an overview of relevant equestrian organizations, including how to fill out an OPL entry form.

“NEDA is the largest single chapter of the United States Dressage Federation and we are known for offering top quality education to our members,” Deb Carr-Kirk said. “We are excited to be able to offer these workshops, in conjunction with the other GMOs in the region, and it will be a great opportunity for people in the region to meet and greet and network with other equestrians throughout the region.”

## **Northeast Volunteer Workshop Registration Form**

Volunteer Training Workshop sponsored by New England Dressage Association  
In Conjunction with Maine Dressage Society

**Location:** Pineland Farms Equestrian Center, 1545 Intervale Rd., New Gloucester, ME  
04260

**Date:** Saturday April 14, 2012

**Time:** 10am-2pm

**Contact:** Paula Foote, 32 Barber Ln., Cherryfield, ME 04622  
(207)546-3411 eves. (207)546-1418 cell

**Registration is Free!! Lunch will also be included.**

### **Participant Info**

**Name:** \_\_\_\_\_

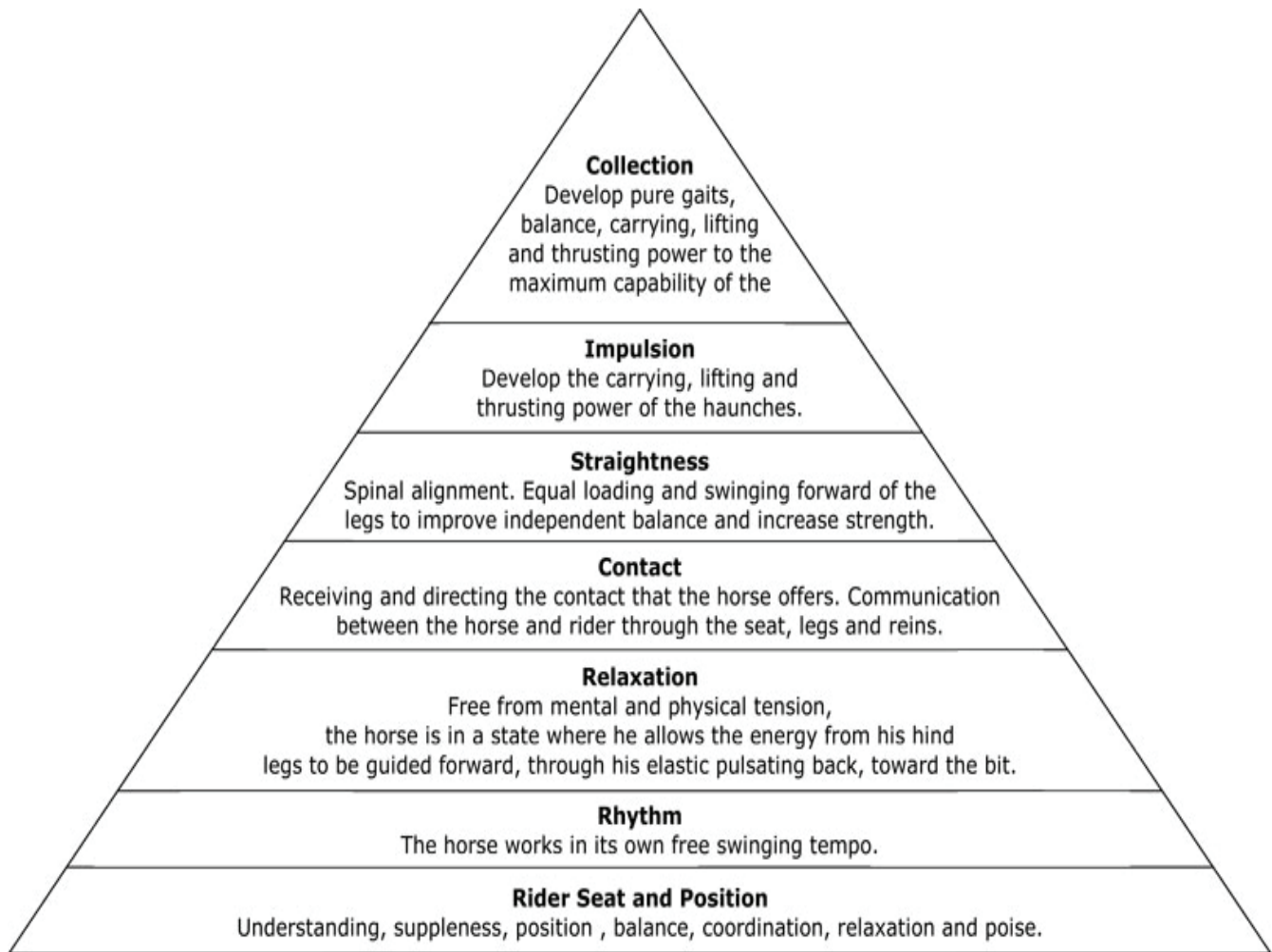
**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Organization Affiliations:** \_\_\_\_\_

\_\_\_\_\_



## Thank-You

A big Thank-you to Beth Brainerd for pulling off another spectacular MDS Year-end Banquet at the Senator Inn in Augusta. It was amazing as always. I think the best yet. Thank -you Beth!

*Life is short!!  
Hug your horse!!*

The next MDS Board Meeting is Tuesday April 10th 2012 in Augusta.



Dressage