

March 2015

# Piaffe & Passage

## Halt at X

As I am writing this, I am watching the snow continuing to build up outside in our latest "weather event".

Between several snowfalls in a row and a long period of relentlessly cold temperatures, you might think I'd be feeling down about another long, cold winter. But let's look on the bright side: so far, every winter event - the VADA/Nova banquet, the VADA banquet, the Debbie Rodriguez rider fitness clinic and even a slightly rescheduled Judges Roundtable session all went off without a hitch.

Even more encouraging, this year Daylight Savings Time begins on March 8 - only a couple of weeks away - and then it will be staying light until nearly 7pm. That must be a sure sign of spring! If not, it gives us more time and light for our winter chores.

Need more? My horses are all shedding - some enthusiastically. The weathermen may be wrong most of the time, but horses' coats don't lie. The March Fix-a-test with Kathy Rowse and schooling show the following day are filling well, and the first licensed show in April is opening soon.

So ignore the cold and snow because very soon we will be gearing up for another great training and show season. See you soon!

*Alison*



**VADA IS A  
USDF GROUP MEMBER  
ORGANIZATION.  
THEIR MEMBERS ARE  
AUTOMATICALLY USDF  
GROUP MEMBERS.**

Publication Deadline in  
Piaffe & Passage is the  
20th.

**VADA/Nova WEB SITE:  
<http://www.vadanova.org>**

Membership Applications  
should be sent to:  
**Barbara Pickering**  
PO Box 354  
Haymarket, VA  
20168-0354

Send all other inquires to:  
VADA/Nova Inc.,  
P.O.Box 398  
Hamilton, VA 20159

### **Attention Schooling Show Changes!**

**Due to a conflict of events at  
Frying Pan Park on June 27  
(see the minutes on page 3)  
VADA/Nova has had to  
switch some dates and locations of  
two schooling shows.**

**June 27 will now be at  
Looking Glass Farm**

**August 20 will be at  
Frying Pan Park. It will be an  
evening show, running  
approximately from 3-8pm**

**Updated prize lists will be posted  
on our web site.**

**VADA/NOVA BOARD MEETINGS**

All VADA/Nova Board of Directors' meetings are open to the general membership; the Board welcomes any visitors. The meetings are held the **second Monday** of each month at 7:15 PM at Morven Park International Equestrian Center (in the classroom next to the lounge). For directions, you may contact any of the Board members or go to our website at [www.vadanova.org](http://www.vadanova.org) and click on "Shows" There you will find a link with directions to Morven Park.

**2015 VADA/Nova Officers**

**President ~ Alison Head**  
**V. President ~ Barb Pickering**  
**Secretary ~ Diann Landau**  
**Treasurer ~ Carolyn "Dilly" Jackson**

**Dilly Jackson**  
304-283-6959  
[cjackson@vadanova.org](mailto:cjackson@vadanova.org)

**Barbara Pickering**  
703-754-8506  
[goldenmorgan@verizon.net](mailto:goldenmorgan@verizon.net)  
[bpickering@vadanova.org](mailto:bpickering@vadanova.org)

**Sheli King**  
540-338-7362  
[mking@vadanova.org](mailto:mking@vadanova.org)

**Nancy Stover**  
703-860-9187  
[stovnan@aol.com](mailto:stovnan@aol.com)

**Board of Directors**

**Donna Gatchell**  
703-594-2480  
[dgatchell@vadanova.org](mailto:dgatchell@vadanova.org)

**Michelle Lachner**  
540-751-0046  
[BLach15736@aol.com](mailto:BLach15736@aol.com)

**Diann Carpenter**  
540-554-2674  
[dcarpenter@vadanova.org](mailto:dcarpenter@vadanova.org)

**Jessie Ginsburg**  
703-538-4282  
[sardburg@aol.com](mailto:sardburg@aol.com)

**Diann Landau**  
540-822-9052  
[dlandau@vadanova.org](mailto:dlandau@vadanova.org)

**Renee Carter**  
540-229-2522  
[rcarter@vadanova.org](mailto:rcarter@vadanova.org)

**Judy Grass**  
703-620-4923  
[jgrass@vadanova.org](mailto:jgrass@vadanova.org)

**Laura Celia**  
802-233-7404  
[lcelia@vadanova.org](mailto:lcelia@vadanova.org)

**Alison Head**  
540-338-7810  
[lookingglasfarm@mac.com](mailto:lookingglasfarm@mac.com)  
[ahead@vadanova.org](mailto:ahead@vadanova.org)

**Kelly Foltman**  
540-668-6232  
[kfoltman@vadanova.org](mailto:kfoltman@vadanova.org)

**Web Sites:**  
VADA/Nova [www.vadanova.org](http://www.vadanova.org)  
VADA State [www.virginiadressage.org](http://www.virginiadressage.org)  
Region 1 [www.usdfregion1.org](http://www.usdfregion1.org)

**20% discount for  
1/4, 1/2 or full page  
ads that run a full  
year**

**Newsletter Advertising Rates**

**Please send payment with ads, as there is no billing.**

Make checks payable to VADA/Nova, Inc. **Classified ads are 40 words or less.** Ads will not be accepted otherwise. Please type or print clearly if you don't have email, and submit no more than two ads at a time. If space allows we will run additional ads. **Other ads must be camera ready.** (Camera ready: Copy is black on white paper. Embossed business cards and colored ink do not copy well.) Or, you may send a file attachment in Word or Publisher.

**Classified**            2 issues FREE for Members  
                              2 issues/\$15 for Non-members

Classifieds will automatically be listed on our web site

**All other ad rates are the same for Members or Nonmembers :**

**Business Card Ad**                    \$60/year  
**1/4 Page Ad (5 x 3.75)**                \$25/month  
**1/2 Page Ad (5x7.5)**                 \$45/month  
**Full Page Ad (10x7.5)**                \$75/month

**\*There will be a charge of \$20 if your ad is not camera ready and needs to be put together or redesigned\***

**Deadline is the 20th of the month.**

**Send to: Barbara Pickering, PO Box 354, Haymarket, Va., 20168-0354**

**Phone: 703-754-8506 Email: [goldenmorgan@verizon.net](mailto:goldenmorgan@verizon.net)**

**Sunnybrook Farm**  
Dressage & Combined Training

36654 Paxson Road  
Purcellville, VA 20132  
540-338-4573  
540-338-4762  
[snbrk@erols.com](mailto:snbrk@erols.com)



Rebecca Woodward-Davis



**SUMMARY MINUTES  
VADA/Nova Board Meeting  
February 8, 2015-Morven Park**

The meeting started at 7:20 pm  
There were ten Board members present and four were excused.

January Meeting Minutes unanimously approved by the Board

Treasurer's Report: Dilly reported that after paying the bills for ribbons, River Creek, awards for shows and the Greenbook, the balance is \$73,548.49 as of January 31. She also stated that the 1099's have been sent out.

Membership/Newsletter: Barb reported that as of 2/9/15 there were 188 members. This is down from this time last year.

Banquet: The banquet went very well with the program running smoothly. We made \$3491 for the silent auction and \$655 on the raffle baskets. We discussed a few improvements for next year such as putting number stickers on the silent auction items and using a 3-part bid sheet so that one copy will remain with the item. The Board voted to lock in the same weekend for 2016 and decided to hold it on Sunday again as it worked out well. The date will be Jan. 17, 2016.

Schooling Shows: As of Feb 6 there were 16 rides so far for the March show. We have an issue with the date for the June show as there is going to be a World Police & Fire Games held at Frying Pan Park the same weekend. Due to that, there will be no place for trailer parking (as well as a lot of activity which will not blend well with horses!) Alison and Jessie are looking into another date. Barb handed out a spreadsheet showing income and expenses for all of our 2014 schooling shows. We had an overall profit of \$564.66.

Licensed Shows: Dianne Boyd is finalizing the prize list for April and will send it to Judy to post.

Clinics and Education: The Debbie Rodriguez clinic had about 20 participants. The room at the Best Western worked out perfectly. We discussed the fact that we probably should have people sign some sort of liability release. Jessie will see if Debbie has one we can use. The suggestion was made that if we hold the clinic again next year that it might be beneficial to split it into novice and advanced sessions. Jessie is also going to approach Debbie about doing a summer clinic.

VADA report: Alison reported on the meeting that was held on Feb 8 right before the VADA banquet. The officers will remain the same: President-Alison Head, Vice-President-Bettina Longaker, Secretary-Alison Douglas and Treasurer-Jessie Ginsburg. (see page 13 for the full minutes)

Meeting adjourned at 8:50 pm

Respectfully submitted,  
Barbara Pickering for Diann Landau



## Volunteer Opportunity

Volunteers at our shows receive breakfast, lunch, volunteer days and bucks, a small gift and of course our thanks!

Positions for both schooling and licensed shows are:  
set up, take down (these receive double credit and bucks), steward, runner, scribe, scorer, and awards.  
Golf cart drivers are needed for licensed shows.

### Licensed Show on April 4-5 at Morven Park

Contact Volunteer Recruiter Kathy Bennett at 703-328-8102 or ricandkat@verizon.net

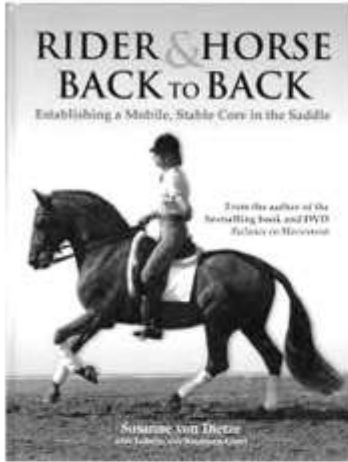
**Please note that Kathy's email address was incorrect in the February issue.**

**Thank you to these volunteers who helped with the following activities**

#### Greenbook and/or Purplebook mailings

**Robin Dannels, Jennifer Gerber  
Patty Knight, Barb Pickering, Doug Pickering**

Debbie Rodriguez clinic  
**Diann Carpenter, Jessie Ginsburg**



**Wood's Lane Farm Is Pleased To Host The  
Isabelle von Neumann-Cosel Clinic  
April 17 & 18, 2015**

**Rides**  
\$175.00 per day, lunch included.

**Auditors are welcome!**  
\$40.00 per day, lunch included.

**RSVP by: April 8th**

For more information please contact Wood's Lane Farm  
12429 Old Annapolis Rd, Mt. Airy, MD 21771  
(301) 829-6354 ~ info@WoodsLaneFarm.com  
www.WoodsLaneFarm.com  
www.facebook.com/WoodsLaneFarm

*Isabelle is one of Germany's respected clinicians for the German F.N. With 4 decades of analyzing movement of how the horse's and rider's back may work together, Isabelle will offer new understanding for you to accomplish harmony with your horse. She is also the co-author of the book "Back to Back", which deals with the harmony of horse's backs.*



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www.EquestrianSurfaces.com



**Homestead Farm  
2015 DRESSAGE SCHOOLING SHOW SERIES  
8382 Burwell Road  
Catlett, VA**



[www.homesteadhorses.com](http://www.homesteadhorses.com)

<b>SHOW DATES:</b>	<b>4/25</b>	<b>5/23</b>	<b>6/27</b>
<b>OPENING DATE:</b>	3/23	4/27	5/25
<b>CLOSING DATES:</b>	4/17	5/15	6/19
<b>Judges:</b>	Jessie Ginsburg, L Graduate	Linda Fragale, L Graduate	Aviva Nebesky, L Graduate

\*Please include current Coggins & payment(s). \*\*

**Manager:** Lisa Johnson, 571-214-2938 [lisajohnson68@gmail.com](mailto:lisajohnson68@gmail.com)  
**Secretary:** Lisa Johnson, 11893 Bristow Village Blvd., Bristow, VA 20136  
571-214-2938 [lisajohnson68@gmail.com](mailto:lisajohnson68@gmail.com)

**Fees:** \$30/test \$10 post entry fee \$25 Non-competing horse (must bring Coggins)  
**Checks:** Make check payable to **Bender Brothers**

**Classes:** Intro through FEI, USEF and FEI freestyle, Pas de Deux  
**Other info:** NO DOGS ALLOWED. NO EXCEPTIONS. Hard hats required when mounted. Food will be available. Large bluestone/rubber outdoor for warm-up. Standard size arena with sand/rubber footing for competition. Times available on website [www.homesteadhorses.com](http://www.homesteadhorses.com) the Wednesday prior to the show

**Awards:** High Score and Reserve High Score award at each show (excluding Intro and MFS). Series high score awards and prizes (attend two or more shows, highest average score).

**Complete details, directions and entry form may be found on the Homestead web site:  
[www.homesteadhorses.com](http://www.homesteadhorses.com) or on the VADA/Nova website  
[www.vadanova.org](http://www.vadanova.org) (see calendar page)**

## 2015 VADA/Nova Schooling Shows

**Show Date:** March 22, 2015

**Opening Date:** January 20, 2015

**Entry Due:** March 12 2015

**Place:** *Morven Park, Leesburg, VA* **Note:** *There is a grounds fee of \$20 per horse. See entry form*

**Manager:** Jessie Ginsburg  
703-927-8270  
sardburg@aol.com

**Secretary:** Diann Carpenter  
33679 Snickersville Turnpike  
Bluemont, VA 20135  
540-554-2674  
diann.carpenter@icloud.com

**Judge:** Nancy Lowey (R)

**Directions:** **From Beltway/I495:** West on Rt. 7 to Leesburg. Take Rt. 15 Bypass north for 2.5 miles. Turn left onto Rt. 740 (Tutt Road). One half mile, turn left into Morven Park driveway. **From Fredericksburg and I-95:** North to I-495 toward Dulles Airport. Exit onto Rt. 7 West. Follow directions above. **From Warrenton:** North on Rt. 29 to Rt. 15. Turn left onto Rt. 15 and continue to Leesburg. Take Rt. 15 bypass north. Follow directions above.

**Phone # to reach management team on the day of the show : 540-216-6528**

**Tests offered: Intro through Grand Prix, Para-Equestrian, MFS Training through Grand Prix, Pas de Deux, USEA Eventing, Rider Tests, USEF Western Dressage**

**If an entry comes in before the opening date, it will be considered received 3 days after the opening date.**

**Complete prize list and entry form may be found on the VADA/Nova web site: [www.vadanova.org](http://www.vadanova.org)**

**Day stalls will not be available**

**Show Date:** May 16, 2015

**Opening Date:** March 16, 2015

**Entry Due:** May 7, 2015

**Place:** **Compass Rose Farm, Haymarket, VA**

**Manager:** Ursula Moore  
703-830-1965  
jeffursula15@cox.net

**Secretary:** Judy Grass  
2901 Fox Mill Rd  
Herndon, VA 20171  
703-620-4923  
grass@ccr.org

**Judges:** Jan Garlitz (L)

**Day of show phone #: 703-915-3060**

**Stalls:** No stalls available at this show.

**Grounds fee:** None

**Please- dogs should be kept on a leash or preferably left at home**

**Tests offered: Intro through Grand Prix, Para-Equestrian, MFS Training through Grand Prix, Pas de Deux, USEA Eventing, Rider Tests, USEF Western Dressage**

**If an entry comes in before the opening date, it will be considered received 3 days after the opening date.**

**See the calendar page on the VADA/Nova web site: [www.vadanova.org](http://www.vadanova.org)  
for a complete prize list with directions and additional information  
as well as the entry form**



**Wood's Lane Farm Is Pleased To Host The  
Jeanne McDonald Clinic/Fix-A-Test**

**April 11 & 12, 2015**

**Rides**

**\$175.00 per day, lunch included.**

**Auditors are welcome!**

**\$40.00 per day, lunch included.**

**RSVP and Payment by: April 1, 2015**

**Jeanne McDonald is an FEI "I" and USEF "S" dressage judge, a USDF/USEF Dressage Sport Horse Judge, and a USDF Bronze, Silver, and Gold medalist. Jeanne is owner, and operator of Turning Point Farm, located near Devon, PA. She is also an active competitor, having competed in dressage for over 24 years, and trained all three of her horses to Grand Prix. In 2001 with Tantris, her approved Oldenburg stallion, they were the GAIG/USDF Reserve Champions at Intermediaire II, and Grand Prix.**

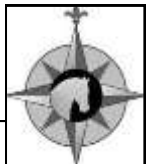
**For more information please contact Wood's Lane Farm  
12429 Old Annapolis Rd, Mt. Airy, MD 21771  
(301) 829-6354 ~ info@WoodsLaneFarm.com  
www.WoodsLaneFarm.com**

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**Compass Rose Farm Dressage Schooling Shows for 2015**  
Compass Rose Farm. 2714 Logmill Rd. Haymarket, VA 20169



<b>Date</b>	<b>Judge</b>
<b>Sunday, May 17</b> Opens: March 16 Closes: May 6	<b>Aviva Nebesky (L)</b>
<b>Sunday, June 24</b> Opens: April 13 Closes: June 3	<b>Sherry Meier (L)</b>
<b>Sunday, October 11</b> <b>(Costumes!)</b> Opens: August 10 Closes: Sept. 30	<b>Jan Garlitz (L)</b>

**Secretary:**

**Judy Grass** 2901 Fox Mill Rd, Herndon, VA 20171  
H: 703-620-4923 C: 703-915-3060 grass@ccr.org

**Mail entries to the above address only.  
Do NOT mail entries to the FARM!**

**Manager:**

**Jen Moran**, 703-999-8040  
jmoranwillowway@yahoo.com

**Fees:** \$30 per test, \$10 post entry fee, \$25 non-competing horse.

Mail all entries to Judy Grass, 2901 Fox Mill Rd, Herndon, VA 20171

Please include a copy of a current Coggins Test with your entry. There are no refunds after closing date.

**Checks:** Make check payable to Compass Rose Farm, LLC

**Classes:** USDF/USEF Intro-Fourth, FEI, Freestyles, Rider Tests, Para-Equestrian, USEA Eventing

**Other Info:** Our dogs will not be here show day, so please leave yours at home. Protective Helmets required when mounted. Tests ridden in standard sized arena with sand/rubber footing. Sand rings available for warm-up. Times will be posted on the farm website the Wednesday before the show: www.compassrosefarm.com. See our website for specific show information.

Each rider must sign a liability waiver from Compass Rose Farm. Riders under age 18 must have a waiver signed by a legal guardian. We will have these for you on show day. For young riders who will be accompanied by only a trainer, we can email you a form to have signed by a parent or other legal guardian

**Awards:** High score and Reserve High Score (excludes Intro, Rider's Tests and MFS). Series High Average Score Awards – attend last show and at least one other.

**see website: www.compassrosefarm.com for entry form and directions**

**Prize list and entry is also available on the VADA/Nova web site: www.vadanova.org (see calendar page)**

**VADA/Nova presents a Fix-A-Test with Kathy Rowse**  
**Get ready for the new tests!**  
**Saturday March 21, 2015**  
**Morven Park, Leesburg, VA**



**Meet Our Clinician:**

Kathy Rowse is an USEF "S" dressage judge from Suffolk, VA where she and her husband, Mike, run Silverleaf Farm, a small dressage training facility. Kathy has earned her United States Dressage Federation Bronze, Silver and Gold medals in competition through Grand Prix and has coached her students to also achieve their Bronze, Silver and Gold Medals. She has been a judge since 1990 and an "S" (Senior Judge) since 1999. Kathy is a member of the USDF "L" faculty.

Silverleaf Farm has a very active FEI Junior/ Young Rider and Adult Amateur program. Kathy enjoys working with different breeds and has also trained & successfully competed two Arabians at Prix St. George. Both Kathy and her students have been awarded USDF HOY National Rankings as well as numerous USDF All Breeds honors, and Regional, State, and Local awards.

Kathy is also an ISSA Certified Personal Trainer and uses her knowledge of body mechanics to help each rider. She loves sharing her knowledge and joy of dressage in her many lessons and clinics.

**Clinic Specifics:**

**When: Saturday March 21 from approximately 9-5**

**Where: Morven Park Indoor Arena, Leesburg, VA**

**Format is traditional Fix A Test. Ride a test, get feedback from Kathy, ride all or part of it again.**

**Cost: Riders -\$60 for 2015 VADA/Nova members, \$75 for non-members (fees include grounds fee)**

**Auditors - Free for 2014 Volunteers who earned 8 hours or more (members and non-members)**

**\$10 for everyone else**

**No day stalls available**



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

**Horse Name:** \_\_\_\_\_ **Age** \_\_\_\_\_

**Date of Neg. Coggins:** \_\_\_\_\_ **(Include copy of your horse's Coggins with your entry.)**

**Test you will ride:** \_\_\_\_\_

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

**Telephone:** \_\_\_\_\_ **E-Mail Address:** \_\_\_\_\_

**Riders-entry due by Friday March 13, 2015**

\_\_\_\_\_ **I would like to ride and am enclosing \$60/\$75 in check and/or volunteer bucks**

\_\_\_\_\_ **I would like to audit and I earned 8 or more volunteer hours in 2014**

\_\_\_\_\_ **I would like to audit and am enclosing \$10 in check and/or volunteer bucks**

**Please send entry, copy of current Coggins and appropriate fees (checks payable to VADA/Nova Inc.) to:**

**Alison Head**  
**38595 Purple Martin Lane**  
**Hamilton, VA 20158**

**Questions? Contact Alison at [lookingglassfarm@mac.com](mailto:lookingglassfarm@mac.com) or 540-729-4847**

**Volunteer bucks are welcome**



The following individuals and businesses contributed prizes, goods or services for the Special Awards and the Silent Auction and Raffle at our Annual Banquet on January 18, 2015. VADA/Nova appreciates their generous support. A heartfelt thank you to everyone.

**Special Award Sponsors**

Donna Gatchell  
 Jessie Ginsburg  
 Judy Grass and Mike O'Dell (Compass Rose Farm)  
 Leigh Ann Hazel-Grough (Hartsong Farm)  
 Sheli King  
 Sarah Needham  
 Kathleen Parkins  
 Barb and Doug Pickering (Morgan Pines Farm)  
 Nancy Stover

**Sponsors for Silent Auction, Raffle and Door Prizes**

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 Carpenter Family  
 Renee Carter  
 Jean and Bob Clements  
 Coney Island Diner  
 Louise Cotulla  
 Trisha DeRosa  
 Dover Saddlery-Anna Koopman  
 Mary Flood  
 Kelly Foltman  
 Donna Gatchell  
 Jennifer Gerber

Jessie Ginsburg  
 Kathleen Giusti  
 Judy Grass  
 Alison Head  
 Hoof and Paw  
 Hunters Head  
 Jackson Family  
 Al and Sheli King  
 Wyleng Liew  
 Loudoun Milling  
 Magnolias-Shawn Malone  
 Debbie Marriott  
 Melt-Debbie Hancotte  
 Miller Family  
 Moore Family  
 Morven Park - Laura Doyle  
 Garrett Nanninga

Sarah Needham  
 New Creation Massage Therapy-  
 Marilyn Keeler  
 Nancy Noble  
 Barbara Pickering  
 Pics of You-John Robinson  
 Alice Quinn  
 Kim Raheb  
 Rapp Family  
 Red, Hot & Blue-Mindy White  
 Saddlery Liquidators  
 The Tack Box  
 VADA/Nova  
 VTO Saddlery  
 Laura Whitford  
 Wine Kitchen

The following people have Above and Beyond gifts which were not claimed at the annual banquet. Please contact Michelle Lachner at [mlachner1@gmail.com](mailto:mlachner1@gmail.com) to make arrangements to pick up your gift.

Heidi Berry  
 Lori Brown  
 Anna Cochrane  
 Stephanie Corum  
 Katie & Kendra Guber  
 Karen Havis  
 Robin Henry  
 Margaret Koch

Thomas McWilliams  
 Debbie Meade  
 Nancy Mendonca  
 Beth Nelson  
 Eva Pede  
 Liberty Seaford  
 Torrey Wilkinson  
 Laurie Zimmerman



## Member of the Month

VADA/Nova's member of the month for the month of March is Maria Hunt. Maria has been a member of

VADA/Nova for two years, but she has been coming to VADA Nova shows and helping out since she was little.

Originally from Conyers, GA, Maria now lives in Ashburn, VA with her mother, Sonya, her father, John, and her brother Ryan. Maria is in the 9<sup>th</sup> grade, and currently attends Briar Woods High School.

According to Maria, she inherited her love of horses from her mother, Sonya, who has been riding since she was a little girl. When asked when she first began riding, Maria jokingly answers that she sat on her first horse before she was even born, as her mother rode until she was 7 months pregnant. Several years later at the age of 4, Maria officially sat on her first horse and then at the age of 6 or 7 started taking lessons.

Currently she doesn't have her own horse, but she has shown her mother's horse Aliea, as well as some of the school horses she takes lessons on at Overlook Farm.

When not riding Maria is very active participating in the school's Winter Guard team. Winter Guard, an indoor color guard activity derived from military ceremonies, includes flag spinning and other dance choreography using wooden rifles and swords. During the winter and early spring, Maria competes with her team. In the fall season her team joins the marching band and competes with them.

Maria is also very active in her church where she sings in the choir, and helps with the children, volunteering whenever she is needed. When her busy schedule allows, her other hobbies include scrapbooking, photography, reading, and of course watching TV.

According to Maria, her favorite volunteer job is being a runner in the golf cart. In April she will be getting her driver's permit and is looking forward to driving the golf cart next season.



**Maria Hunt**

submitted by Laura Celia

[tricountyfeeds.com](http://tricountyfeeds.com)

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MODEL SHOWN IN FITS

## **Some Thoughts on Warming-up for Your Dressage Test**

By a Volunteer at the Warm-Up Ring—Sally O’Dwyer

Most of us who go to shows probably need to spend more time planning for our warm-up. The warm-up prepares riders and horses mentally and physically for our moment in the spotlight. We need to think about our warm-up before we come to the show and have a general plan about what we are going to do. Preparation is critical, as just before a test can be a very stressful time for many riders. After months of hard work, training, and preparation, it’s show time! Nerves can get the best of any rider. Our horse can pick up on the fact that we are nervous and jittery and, in turn, become anxious himself. Our horse is also likely to be a bit of a wreck as just going for a ride in a trailer is very stressful for most horses. Unless we have a seasoned show horse, the venue is likely going to be an unsettling place for him. He will be missing his barn buddies and his familiar environment, relying on his rider for reassurance that everything is going to be okay.

### **Prepare Yourself!**

When you arrive at the warm-up area, say “hello” to the volunteer managing the warm-up area and give them your number—it’s hard to read numbers on a moving horse. The volunteers are working with the ring stewards to keep things moving along. Make sure you plan your day to have enough time to have an unhurried, unrushed warm-up. It’s surprising how fast time passes at horse shows! Think about what time you need to be at the warm-up ring and plan accordingly.

To prevent nerves from getting the best of you, stay focused on the job at hand—your upcoming test. Visualize yourself performing the movements in your test beautifully and smoothly. Calm yourself by thinking how amazingly you are connected to your horse. Feel your horse moving under you and your body moving in harmony with your horse. Think about your position and review with yourself your sets of muscles from your head to your toes and make sure there is no tension in your body. Check your breathing and make sure you are not holding your breath. Push negative thoughts out of your head. Remember that you are already a winner—you got yourself and your 1,200 pound partner to this show, which is more than many, many other competitors were able to do. This is a good time to remember your sense of humor and to smile. This is supposed to be fun!

### **Prepare your partner**

Begin your warm-up gradually by starting out walking on a loose rein. Give your horse a chance to get his bearings and to look around and get used to the surroundings. Stretch and bend your horse and keep your horse relaxed and moving forward in a nice rhythm to relieve him of any tension. Focus on the quality of your gaits and your horse’s responsiveness. Do not ride only on the rail. Ask your horse for some transitions and some changes of rein to get him balanced and listening to your aids. This is not the time to train your horse or to ask him to practice a movement that makes him anxious. Instead, keep him in his comfort zone. Put your faith in your horse and be encouraging and positive. Talk to him quietly and give him some reassuring pats on his neck. You want your horse to be happy, confident and in the best frame of mind possible as he enters the show ring. Your horse should have fun too!

Only you can know how much of a warm-up your horse needs. After a few shows, you will more or less know how much warm-up is right for your horse. Each horse is different: You know his personality, whether he is lazy or hot, his level of fitness and experience. You want to get your horse going, yet still have enough gas left in the tank for the show ring. You don’t want your horse to become heavy, dull or too tired to react promptly to your aids. Don’t forget to think about your whole day when deciding how much warming up you want to do—most of us sign up for more than one test. You will also need to take into account the weather. If it is hot out, you may want to shorten your warm-up. If it’s cold, you might need more time for your horse to be ready for the ring. Green horses may need more time to warm-up than those who have more show miles on them. Try to end your warm-up on a good note by asking him for a movement that he is good at.

### **Warm-up Etiquette--Rules of the road.**

Perhaps most importantly, remember how much you love your sport. Be an ambassador for Dressage and for VADA/Nova. Even though you may be stressed out, remember to acknowledge others around you. Smile and say, “hello”. Wish your fellow competitors “have a great test,” as they leave to enter the show ring. Remember, for many of us, shows can be an intimidating place. Don’t assume that others know the warm-up etiquette and take responsibility for safety in the area—you may be the most experienced rider in the group. If you think something is not safe, let the volunteer managing the warm-up area know.

continued →

In the warm-up ring, ride left shoulder to left shoulder. Keep riders coming in the opposite direction to your left. If the majority of riders are going in the same direction, go with the flow of traffic yourself. Try not to pass others. Either circle or come across the diagonal. If you absolutely must pass someone going in the same direction, you may wish to say, "on your right/ left." Always pass to the inside of the ring. Stay at least one horse length behind the horse moving in front of you. If your horse kicks, you may wish to put a red ribbon on his tail. Be careful with your voice and whip—using them too loudly can scare horses around you.

Be very careful coming to a halt and do not stop on the rail. If you need to stop, come to the center of the arena. If you are entering the ring, make sure you do not cut anyone off, and if you cannot be seen due to a wall, be sure to call, "door." Do not stop and chat with others in the warm-up area. Look up and watch where you are going. Don't meander—make sure people can tell where you are going. Be aware of people wearing headsets—they may not be able to hear you. Do not dismount in the warm-up area—leave and then dismount. There should not be any people standing in the warm-up arena—instructors, coaches, and grooms should work from the sidelines. Should a horse start acting up in the warm-up arena, come to a halt and wait quietly until the situation has abated. If a rider comes off and a horse is loose, riders may want to dismount and quietly stand by their horse until the horse is brought under control. Having a groom at a show, is of course, is a wonderful thing. If you are lucky enough to have a groom, they should accompany you to the warm-up area. Grooms should bring a tote with fly spray, towels, treats, lead rope, bottled water, extra rubber bands, and the test. Grooms should remember to take off boots and bandages!

In the end, try to keep your sense of humor and remember that horses are not robots. Regardless of how well you do in the ring, the whole experience of going to a show and getting your horse used to a new venue is a wonderful schooling opportunity for both you and your horse. Going to shows is part of a larger journey. It's important that your horse has a good experience during your trip to the show. Hopefully, you will be going to many more!



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<b>SHOW DATES:</b>	<b>5/24</b>	<b>10/25</b>
<b>OPENING DATES:</b>	<b>3/01</b>	<b>8/01</b>
<b>CLOSING DATES:</b>	<b>5/16</b>	<b>10/18</b>
Judges:	Aviva Nebesky, L Graduate	Trish DeRosa, L Graduate

\*\*Please include current Coggins & payment(s). \*\*

Manager: Mike Moran, 703-999-8040

Secretary: Jen Moran, 1600 Loudoun Drive, Haymarket, VA 20169, 703-999-8040,  
[jennifermoran@willowwayridingstables.com](mailto:jennifermoran@willowwayridingstables.com)

Co-Secretary: Judy Grass, [grass@ccr.org](mailto:grass@ccr.org) 703-620-4923

Fees: \$30/test \$10 post entry fee  
Checks: Make check payable to **Willow Way Riding Stables**  
Classes: Intro through FEI, USEF and FEI freestyle

Other info: **NO DOGS ALLOWED. NO EXCEPTIONS.** Hard hats required. Refreshments available. Large grass warm-up area as well as grass round pen for lunging. Ring is bluestone base with river sand. Entries must be complete with show form, current Coggins and fees. Times available on website at [www.willowwayridingstables.com](http://www.willowwayridingstables.com) on the Wed. prior to the show or call the secretary.

Awards: High score and reserve at each show (excluding Intro).

**Directions and entry form are on the web site: [www.willowwayridingstables.com](http://www.willowwayridingstables.com)  
or on the VADA/Nova web site: [www.vadanova.org](http://www.vadanova.org) (see calendar page)**



**Congratulations to the following 2014 VADA/Nova members who received year-end awards at the VADA banquet on February 8th.**



**Schooling Shows**

**Intro Level-Junior**

4. Madeline Moore Foxfire Muse 66.198

**Intro Level-Senior**

1. Kay Brady Destiny's Mystique 73.161

**Training Level-Senior**

5. Kay Brady Destiny's Mystique 67.508

**First Level-Junior**

3. Theresa Markwalter Elijah 64.372

**First Level-Senior**

2. Jessie Ginsburg Hoover 67.567  
3. Liberty Seaford Meadowlark 66.164  
6. Caroline York Bocephus 64.883

**Second Level-Senior**

3. Elizabeth Galbraith Willoughby 62.889

**Third Level-Senior**

1. Candy Allen Ekke W vande Zwienhemmen 69.657

**Musical Freestyle-Junior**

2. Theresa Markwalter Elijah 70.977

**Musical Freestyle-Senior**

1. Jessie Ginsburg Hoover 72.355

**Pas de Deux**

1. Candy Allen Ekke W vande Zwienhemmen 74.250  
2. Caroline York Bocephus 74.250

**Licensed Shows**

**Training Level-Senior**

5. Katherine Wheeler-Raheb Primary Colours 68.833  
6. Donna Gatchell Axel 68.382

**First Level -Junior**

1. Jennifer Foulon Ferrero 69.042

**First Level-Senior**

1. Donna Gatchell Festival HW 76.630  
2. Cathy Scholten Casey 75.508  
3. Amy Hedden Sadira TWF 75.175  
5. Sharon Munroe Sirrius 70.169  
9. Liberty Seaford Meadowlark 66.994  
10. Jessie Ginsburg Hoover 66.701

**Second Level-Senior**

1. Donna Gatchell Fabulous 71.012  
2. Amy Hedden Sadira TWF 70.698  
3. Donna Gatchell Willoughby 67.014

**Third Level-Junior**

1. Jennifer Foulon Mr. M 69.962

**Third Level-Senior**

4. Candy Allen Ekke W vande Zwienhemmen 63.161

**Fourth Level -Junior**

1. Jennifer Foulon Mr. M 70.476

**Fourth Level-Senior**

1. Jenny Spain Turnaround Tony 65.011  
2. Kathryn Bennett Just Georgie 64.728  
3. Torrey Wilkinson Talisman BHF 63.233

**Prix St. Georges**

2. Alison Head Anky Van Weltevreden 65.621  
3. Torrey Wilkinson Talisman BHF 62.237

**FEI JR/YR**

1. Jennifer Foulon Little Granny 63.887

**USDF Musical Freestyle-Junior**

1. Alex Jackson Bordeaux's Burgundy 72.044  
2. Jennifer Foulon Ferrero 70.844

**USDF Musical Freestyle-Senior**

1. Jessie Ginsburg Hoover 64.889  
2. Susan Ralston Gabriel 64.256

**FEI Musical Freestyle-Senior**

1. Alison Head Remarkable 71.167

**Opportunity Class**

1. Kay Brady Destiny's Mystique 63.926

**FEI Young Horse**

1. Amy Hedden Sadira TWF 7.465

**Breed Shows-Young Horse**

1. Lauren Dearlove Drago 72.850

**High Score Adult Amateur USDF**

Cathy Scholten Casey 75.508

**High Score Adult Amateur FEI**

Torrey Wilkinson Talisman BHF 62.237

**Bred in VA**

Amy Hedden Sadira TWF 75.175

**VADA Trainer of the Year**

Donna Gatchell

**Chapter Volunteer of the Year**

Michelle Lachner

**To see all the results, go to [www.virginiadressage.org](http://www.virginiadressage.org)**



## VADA 2/8/15 Meeting Minutes

The meeting was called to order at 10:30am and was held at the Boar's Head Inn, Charlottesville, VA. Present were: Alison Head (NOVA), Meredith McGrath (SWVADA), Jessie Ginsburg (NOVA), Alison Douglas (Central), Angela Stanaway (NE), Alison Thompson (F'burg), Judith Harroun-Lord (ShenVADA), Tina Longaker (C'ville), Tracey Smith-Oliver (SWVADA), Amanda Harper (Central), Anna Schriegl (Central), Ellen Simonetti (ShenVADA), Robyn Nunnally (SVDA), Beth Rippel (SVDA), Diann Carpenter (NOVA), Jane Palmer (ShenVADA), Penny Hawes (C'ville), Susan Ellis (NEVADA)

Jessie Ginsburg made a motion that we approve the minutes from the December board meeting. The motion was seconded by Tina Longaker and was passed unanimously.

A motion was made by Ellen Simonetti and seconded by Beth Rippel that the slate of executive board officers remains the same. They are: Alison Head- President Jessie Ginsburg-Treasurer Tina Longaker- Vice President Alison Douglas-Secretary. The slate was passed with the above officers abstaining.

Robin Dannels reported that the Purple Book will be mailed on 2-17 and sent by bulk mail with extra copies going to chapter presidents for new members.

**GAIG for 2015-** This is the last year that the finals will be on the east coast, so we are expecting a big show. We need someone to handle sponsors. Nancy Lowey will once again handle vendors. This will be a paid position.

**Chapter Challenge-** Meredith McGrath reported that the Chapter Challenge will be held August 15<sup>th</sup> at the Meadow Event Park in Doswell, VA. Alison Douglas will secretary but we are in need of a manager. Someone from Central/NEVADA/Southeast area please volunteer.

**Shel Gafford Award-** Jessie Ginsburg made a motion that was seconded by Amanda Harper that we change the nomination deadline from October 1<sup>st</sup> to August 1<sup>st</sup> and that the moratorium that a person can only win once be changed to once every ten years. The motion passed unanimously. Tina Longaker will once again be in charge of taking nominations. Chapter votes are due back to Tina by October 31<sup>st</sup>.

**Year End Awards-** Alison Thompson made a motion that was seconded by Alison Douglas that for Intro through Fourth Level and FEI Levels, MFS, Pas de Deux and Quadrille, every score submitted must be 55% or higher. The motion passed with two opposed.

The next meeting will be held via conference call at 8:00 pm on March 25<sup>th</sup>.

The meeting was adjourned at 10:55 am.  
Respectfully submitted,  
Alison Douglas



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# CALENDAR OF EVENTS FOR 2015

Always check the web site: [www.vadanova.org](http://www.vadanova.org)  
for any changes or corrections

Key: LS= licensed show SS=schooling show

**March 21** Fix A Test with Kathy Rowse (see page 7 in this issue)

**March 22** SS VADA/Nova, Morven Park  
Diann Carpenter 540-554-2674 [diann.carpenter@icloud.com](mailto:diann.carpenter@icloud.com)

**April 4,5** LS VN Spring Dressage, Morven Park  
Tina Longaker 540-832-7611 [vadvirag8@gmail.com](mailto:vadvirag8@gmail.com)

April 25 SS Homestead Farm, Catlett, VA  
Lisa Johnson, 571-214-2938 [lisajohnson68@gmail.com](mailto:lisajohnson68@gmail.com)

**May 16** SS VADA/Nova, Compass Rose, Haymarket, VA  
Judy Grass 703-620-4923 [grass@ccr.org](mailto:grass@ccr.org)

May 17 SS Compass Rose, Haymarket, VA  
Judy Grass 703-620-4923 [grass@ccr.org](mailto:grass@ccr.org)

May 23 SS Homestead Farm, Catlett, VA  
Lisa Johnson, 571-214-2938 [lisajohnson68@gmail.com](mailto:lisajohnson68@gmail.com)

May 24 SS Willow Way Riding Stables, Haymarket, VA  
Jen Moran 703-999-8040 [jmoran@willowwayridingstables.com](mailto:jmoran@willowwayridingstables.com)

**June 5** LS VN Summer I Dressage, Morven Park  
Tina Longaker 540-832-7611 [vadvirag8@gmail.com](mailto:vadvirag8@gmail.com)

**June 6,7** LS VN Summer II Dressage, Morven Park  
Tina Longaker 540-832-7611 [vadvirag8@gmail.com](mailto:vadvirag8@gmail.com)

June 14 SS Compass Rose, Haymarket, VA  
Judy Grass 703-620-4923 [grass@ccr.org](mailto:grass@ccr.org)

**June 27** SS VN Looking Glass Farm, Hamilton, VA  
Alison Head 540-729-4847 [lookingglassfarm@mac.com](mailto:lookingglassfarm@mac.com)

July 25-26 USDF/Youth Team Competition, Morven Park  
Tina Longaker 540-832-7611 [vadvirag8@gmail.com](mailto:vadvirag8@gmail.com)

June 27 SS Homestead Farm, Catlett, VA  
Lisa Johnson, 571-214-2938 [lisajohnson68@gmail.com](mailto:lisajohnson68@gmail.com)

**Aug 9** SS VADA/Nova, Morven Park  
Laura Celia 1-802-233-7404 [laura.celia@gmail.com](mailto:laura.celia@gmail.com)

Aug 15 SS VADA Chapter Challenge, Doswell, VA  
details to follow

**Aug 20** (evening show) SS VN Frying Pan Park, Herndon, VA  
Heidi Berry 540-326-4528 [Heidi@kinsmanfarm.net](mailto:Heidi@kinsmanfarm.net)

**Sept 12,13** LS VADA/Nova Autumn Dressage, Morven Park  
Dianne Boyd 703-850-9704 [greyhorse11@gmail.com](mailto:greyhorse11@gmail.com)

**Oct. 10** SS VADA/Nova, Compass Rose, Haymarket, VA  
Stephanie Corum 301-223-5415 [sjruffian@aol.com](mailto:sjruffian@aol.com)

Oct 11 SS Compass Rose, Haymarket, VA  
Judy Grass 703-620-4923 [grass@ccr.org](mailto:grass@ccr.org)

Oct 25 SS Willow Way Riding Stables, Haymarket, VA  
Jen Moran 703-999-8040 [jmoran@willowwayridingstables.com](mailto:jmoran@willowwayridingstables.com)

**Nov. 7** SS VADA/Nova Championship Schooling Show, Morven Park  
Leslie Raulin 301-788-0134 [raulinl@yahoo.com](mailto:raulinl@yahoo.com)

\* VADA/Nova sponsored activities are in bold print



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VADA/Nova Member

**First class mail**

Inside this issue

- Minutes from the February Board meeting
- VN March and May prize lists
- Fix A Test with Kathy Rowse
- Member of the Month
- Warming Up by Sally O'Dwyer
- VADA awards
- VADA minutes
- Calendar of Events
- Classified ads

**Upcoming Events**

<b>March 21</b>	<b>Fix-A-Test with Kathy Rowse</b>
<b>March 22</b>	<b>VN Schooling Show</b>
<b>April 4-5</b>	<b>VN Licensed Show</b>
<b>May 16</b>	<b>VN Schooling Show</b>

