

Piaffe & Passage

VADA/Nova, Inc. Newsletter

SPRING 2024

Volume 53 Issue 1

2024 Season is Underway!

Greetings all VADA/Nova Members, Competitors, Volunteers, and Supporters!!

2024 is off to a great start! We held the annual Judges Round Table lead by Lisa Schmidt. Lisa is a member of the L Program Faculty and instructs many programs for upcoming and future judges. This evening was very informative and very well received by all participants.

March is quickly approaching with our Second Annual Year End Awards, Above and Beyond Volunteer Recognition, and Member appreciation Party being held March 3rd at Ida Lee Park.

Quickly following is our March Schooling Show on March 17th. In conjunction with the schooling show we are holding a Scribing Clinic for volunteers that hope to scribe for VADA/Nova Schooling and Licensed Shows. VADA/Nova will be returning to paper scribing for the 2024 season; this clinic is to support that switch.

Our Partner Schooling show program is offering 28 Schooling Shows in addition to the 3 VN Schooling Shows resulting in 31 opportunities for our members to work towards the VN Schooling Show Championship and our VN Schooling Show Year End Awards. Our Partners for 2024 are By Chance, Beaux Reves, Homestead, Mitchell Dressage, and Red Gate Farm.

Our first Licensed Show will be held April 6-7 at Morven Park. Volunteer opportunities for the April Show and all other activities are available for sign up on the website. Take time to plan your volunteer time as well as your competition objectives so that you can qualify for Year End Awards.

Please consult the website for details on all the available competitions, events, and volunteer opportunities. Don't hesitate to reach out with questions, recommendations, and constructive feedback.

We wish you luck in working toward your dressage goals for 2024!

Vada/Nova Board of Directors

VADA/Nova Board of Directors

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VADA/Nova Board Member Contacts

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VADA/NOVA IS HAPPY TO WELCOME THE FOLLOWING NEW MEMBERS:

A big VADA/Nova welcome to all of our new members! We hope to see you at one of our upcoming events either as a competitor, volunteer, or just to support friends and family.

Deborah Anderson
Lynne Anderson
Kimberly Clark
Larissa Dragulescu
Monica Kremer

Mariah Lively
Deborah Olson
Alexis Souder
Andrea Winkle
Jami Zehner-West



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Abigail Just & Waitara
Licensed Amateur Third Level | Champion



Andrea Roberson & Empress Moon
Schooling Amateur Training Level | Reserve Champion



Anne Harrington & Jack My Man
Schooling Amateur Third Level | Champion

PHOTO BY KATE HALL/ASTER EQUINE

Congratulations to Our Year End Award Winners

CATEGORY	RIDER TYPE	LEVEL	PLACING	%	RIDER	HORSE
Schooling	Amateur	Intro	Champion	71.172	Claudia Yates	Red Redemption
Schooling	Amateur	Intro	Reserve Champion	69.063	Charlotte Benevento	Mandy
Schooling	Amateur	Training	Champion	68.748	Alison Powers	Tarquin
Schooling	Amateur	Training	Reserve Champion	65.633	Andrea Roberson	Empress Moon
Schooling	Amateur	Training	3rd Place	65.1	Kathleen LeVasseur	Aliea
Schooling	Amateur	First	Champion	68.485	Melinda Freckleton	Coachman's Legendary
Schooling	Amateur	First	Reserve Champion	67.897	Erin Hart	Legal Buzz
Schooling	Amateur	First	3rd Place	64.098	Talia Czapski	Sunny
Schooling	Amateur	First	4th Place	62.85	Lori LaFave	Spring Ducatti
Schooling	Amateur	Second	Champion	66.429	Wendy Breeden	Glorious Eclipse
Schooling	Amateur	Second	Reserve Ch.	66.411	Wendy Breeden	Pippilotta
Schooling	Amateur	Third	Champion	60.482	Anne Harrington	Jack My Man
Schooling	Amateur	Fourth	Champion	62.385	Jess Howard	WHF Rhodesian Sky
Schooling	Amateur	MFS	Champion	65.732	Lori LaFave	Spring Ducatti
Schooling	Open	Training	Champion	71.443	Michele Wellman	Khalasar
Schooling	Open	First	Champion	69.437	Michele Wellman	Torchetti Q
Schooling	Open	Third	Champion	62.568	Alisha Ames	Oriana
Schooling	Open	I-1	Champion	66.226	Jennifer Mutchler	Elation KF
Schooling	Jr	Training	Champion	68.072	Teagan Niles	Quiet Wildcat
Schooling	Jr	Training	Reserve Ch.	67.2	Teagan Niles	Olaf
Schooling	Jr	First	Champion	65.984	Teagan Niles	Olaf
Licensed	Amateur	Training	Champion	70.406	Lynn Sadler	What's Happening
Licensed	Amateur	First	Champion	66.166	Sonya Hunt	Taproot Strike Gold
Licensed	Amateur	First	Reserve Ch.	65.276	Lynn Sadler	What's Happening
Licensed	Amateur	First	3rd Place	64.589	Kathryn Bennett	Who's Your Daddy
Licensed	Amateur	Second	Champion	62.163	Rita Trimarchi	Looking Good FLF
Licensed	Amateur	Third	Champion	60.058	Abigail Just	Waitara



PHOTO BY ASTER EQUINE

Charlotte Benevento & Mandy
 Schooling Amateur Intro | Reserve Champion



Alison Powers & Tarquin
 Schooling Amateur Training Level | Champion



PHOTO BY SUSAN STICKLE

Donna Gatchell & Reflection
 Licensed Open I-II | Champion
 Licensed The Anky Van Weltevreden Mare
 Challenge FEI Levels



Rita Trimarchi & Looking Good FLF
 Licensed Amateur Second Level | Champion



PHOTO BY LIZ CRAWLEY PHOTOGRAPHY

Suzanne Cotter & Supergirl KS
 Licensed Amateur Fourth Level | Champion
 Licensed Amateur MFS-USEF | Champion
 Licensed High Score Musical Freestyle
 Licensed The Anky Van Weltevreden Mare
 Challenge USEF Levels



PHOTO BY TARA JELENIC PHOTOGRAPHY

Donna Gatchell & Don Tiago
 Licensed Open MFS-USEF | Champion, Licensed Open PSG | Champion



Lori LaFave & Spring Ducatti
 Schooling Amateur First Level | 4th Place
 Schooling Amateur MFS | Champion
 Schooling High Score Musical Freestyle

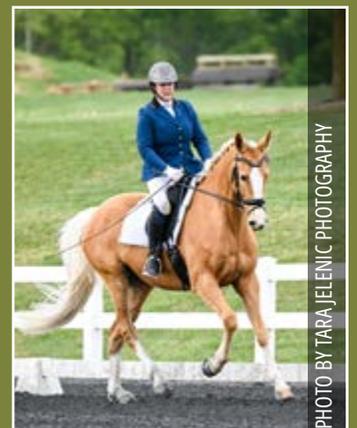


PHOTO BY TARA JELENIC PHOTOGRAPHY

Sonya Hunt & Taproot Strike Gold
 Licensed Amateur First Level | Champion



PHOTO BY ERIN GILMORE



Erin Hart & Legal Buzz
Schooling Amateur First Level | Reserve Champion

Jennifer Mutchler & Elation KF
Schooling Open I-1 | Champion

Jess Howard & WHF Rhodesian Sky
Schooling Amateur Fourth Level | Champion

Year End Award Winners continued

CATEGORY	RIDER TYPE	LEVEL	PLACING	%	RIDER	HORSE
Licensed	Amateur	Fourth	Champion	65.745	Suzanne Cotter	Supergirl KS
Licensed	Amateur	MFS-USEF	Champion	69.216	Suzanne Cotter	Supergirl KS
Licensed	Amateur	MFS-USEF	Reserve Ch.	67.202	Lynn Sadler	What's Happening
Licensed	Amateur	MFS-FEI	Champion	64.144	Jessie Ginsburg	Vodermus
Licensed	Open	PSG	Champion	66.893	Donna Gatchell	Don Tiago
Licensed	Open	I-II	Champion	67.206	Donna Gatchell	Reflection
Licensed	Open	MFS-USEF	Champion	68.285	Donna Gatchell	Don Tiago
Schooling	<i>Compass Rose Farm Award</i>			71.44%	Michele Wellman	Khalasar
Schooling	<i>High Score Musical Freestyle</i>			66.67%	Lori LaFave	Spring Ducatti
Schooling	<i>The Rataxes Memorial Award</i>			71.17%	Claudia Yates	Red Redemption
Licensed	<i>High Score Musical Freestyle</i>			70.60%	Suzanne Cotter	Supergirl KS
Licensed	<i>The Anky Van Weltevreden Mare Challenge</i>	USEF Levels		65.75%	Suzanne Cotter	Supergirl KS
Licensed	<i>The Anky Van Weltevreden Mare Challenge</i>	FEI Levels		68.29%	Donna Gatchell	Reflection
Licensed	<i>The Highest Average Adult Amateur</i>	USEF Levels		70.41%	Lynn Sadler	What's Happening
Licensed	<i>The Highest Average Adult Amateur</i>	FEI Levels			(none eligible)	
Licensed	<i>The Rataxes Memorial</i>				(none eligible)	



Jessie Ginsburg & Vodermus
Licensed Amateur MFS-FEI | Champion



PHOTO BY COURTNEY PEIFFER

Michele Wellman & Torchetti Q
Schooling Open First Level | Champion



PHOTO BY COURTNEY PEIFFER

Michele Wellman & Khalasar
Schooling Open Training Level | Champion
Schooling Compass Rose Farm Award

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USEF
EQUESTRIAN

USEF Rule Changes that Affect Dressage Competitions

EFFECTIVE 12/1/2023

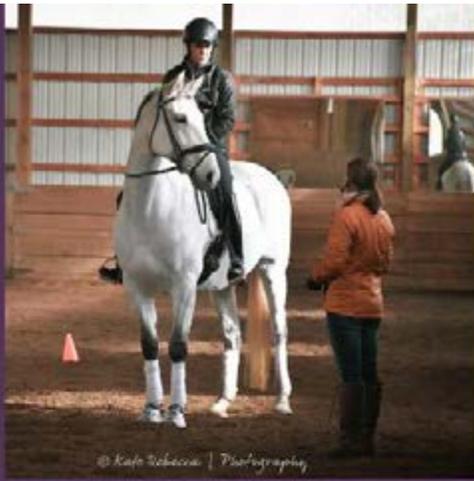
By Lora LaFave & Michelle King

As a competitor, one of the biggest changes you will notice when you go to a show this year is the way equipment checks will be handled. There will still be a ring steward stationed ringside who will check the equipment of 1/3 of the riders in each class (unless it is a regional championship, in which case, every horse will be checked.) However, the steward will now check everything **EXCEPT** your bit and bridle.

Effective 12/1/2024, bits and bridles will be checked by the technical delegate (TD) and not the ring steward. DR126 spells out the new procedures and it is strongly recommended that all competitors read this rule, along with all other rules that were amended or added this year (which will be easy to spot as they are printed in red in the Rule Book.) TDs will check 50% of the horse/rider combinations entered at the show. Most of these checks will be conducted when the equipment is off the horse, in a variety of ways. You may be asked to show the TD your bit and bridle when they are walking through the barns doing their daily (or more frequent) barn checks, as they walk around the trailer parking area or be asked to bring them with you when you check in at the show office or perhaps to the warm up area the day before the show begins if the TD is there on warm up day. In addition, the TD will check some horses after their test in much the same way as the traditional check previously performed by the stewards. This will be the check to ensure that the bit and bridle shown to the TD is actually the bit and bridle being used by the competitor. The TD for the show will work with the show management to determine the process that will work best for each particular show and that information will be provided to the competitors before the show. And remember, TDs are at the show as a resource to both competition management and competitors, so if you have a question about your equipment (or anything else show related) feel free to reach out to the TD, who will be listed in the prize list and ask them!

Below are more rule changes for this season, that might affect you directly (this is NOT the full list of changes), please refer to the USEF Rulebook for any questions or for a longer explanation of each rule.

CATEGORY	RULE NO.	SUMMARY...PLEASE SEE RULE BOOK FOR FULL TEXT / EXCEPTIONS!
Comp Mgt	GR821.2e DR126.4	Dressage Level 1-3 competitions may offer Eventing Opportunity Classes . Dressage Level 4-5 competitions may not offer Opportunity Classes.
Comp Mgt	GR848.6	Competitor's Return to Competition release may now be signed by licensed physician, physician assistant, or nurse practitioner .
Comp Mgt / Officials	GR1040.1	A judge's horse may now compete in any Dressage class unless he/she is judging that class. (Previously had to compete H.C.)
Comp Mgt	GR1101.1	All horses entered must have a USEF Horse ID . Recording/ registration number issued by Federation Recognized Discipline Affiliate such as USDF are no longer sufficient for USEF's purposes.
Comp Mgt	GR1101.10	Effective December 1, 2025 , all horses competing at Federation Licensed and Endorsed Competitions must provide a microchip number that verifies the animal.
Comp Mgt	GR1212	Prize lists may now only be submitted electronically, not via mail.
Comp Mgt	GR1214.1	Competition results for each class must now include name and USEF number of judge(s).
Comp Mgt	GR1215.4	For six consecutive hours overnight, stabling must have minimal lighting and noise to allow stabled horses to rest adequately.
Comp Mgt	GR1215.7	All permanent barn structures and temporary stabling must have clearly visible identification, such as numbers, letters, or names.
Comp Mgt / TD	GR1304.8	Permission to approach a judge regarding a decision may only be granted by the Steward / TD (no longer by Show Committee or Competition management); Steward/TD shall be present for the meeting.
TD	DR120.4.1	If spurs are worn, a separate spur must be worn on each boot.
Comp Mgt / TDs Competitors	DR121.19	Numbers. Competitors may use their own numbers for schooling (and competition) but they can't skip check-in just because they don't need to pick up a number. Failure to check in at the show office prior to schooling will result in the issuance of a Warning Card.
Officials	DR123.8	Video tape or any other kind of digital/electronic media replay may not be used to dispute a judge's decision.
Comp Mgt	DR129.6d	If there is a problem with their freestyle music , rider should immediately approach judge at "C" to discuss options for restarting the test.
Comp Mgt	DR129.9	Clarifies that 63% is the minimum qualifying score for any national level freestyle , even if an FEI test is ridden as the qualifier.
Comp Mgt	DR129.9e & .9f	A qualifying score is not required to enter FEI Pony Rider, FEI Junior, and FEI Young Rider Freestyles, nor for a horse/rider combination competing in the U25 division to ride a GP Freestyle.



VADA/NOVA PRESENTS A

Clinic with Debbie Rodriguez

May 9 & 10, 2024

Windswept Farm
Waterford, VA

Cost TBD

Check
www.vadanova.org for
more details in 2024.



A VADA/Nova member favorite, Debbie Rodriguez, is a USEF 'S' dressage judge, FEI 3* judge, 'R' Level eventing judge, and USDF Bronze, Silver, & Gold medalist.

**DO YOU HAVE
BIG NEWS
TO SHARE?**

We want to celebrate all your triumphs, big & small.
Email communications@vadanova.email to share.



Joanna Gray-Randle "J"

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Vada/Nova Judges' Roundtable

ON COLLECTIVE MARKS & WRITING HELPFUL FURTHER REMARKS: FINDING THE POSITIVE

By Jessie Ginsburg

Twenty motivated dressage enthusiasts gathered at the Ida Lee Recreation Center in Leesburg on February 19 for an evening of dressage judging education with Lisa Schmidt, an experienced S judge and member of the USDF L program faculty. VADA/Nova hosts this annual judges' roundtable as a free educational event for judges, and a few years ago we opened up the event to non-judge auditors for a nominal fee to expose a broader audience to how judges are taught to evaluate show performances.

This year's roundtable focused on the Collective Marks and Writing Helpful Further Remarks. Lisa started by reviewing USDF's PowerPoint presentation on collective marks, which included the definitions as well as short videos showing strong examples of elements being explained. There was some lively debate among the participants about some of the slides, particularly one stating that a horse with pure rhythm in all three gaits should not score less than a 5 for gaits. 5????? That seemed very stingy for a horse with no rhythm issues, and the animated discussion set the tone for a very interactive evening.

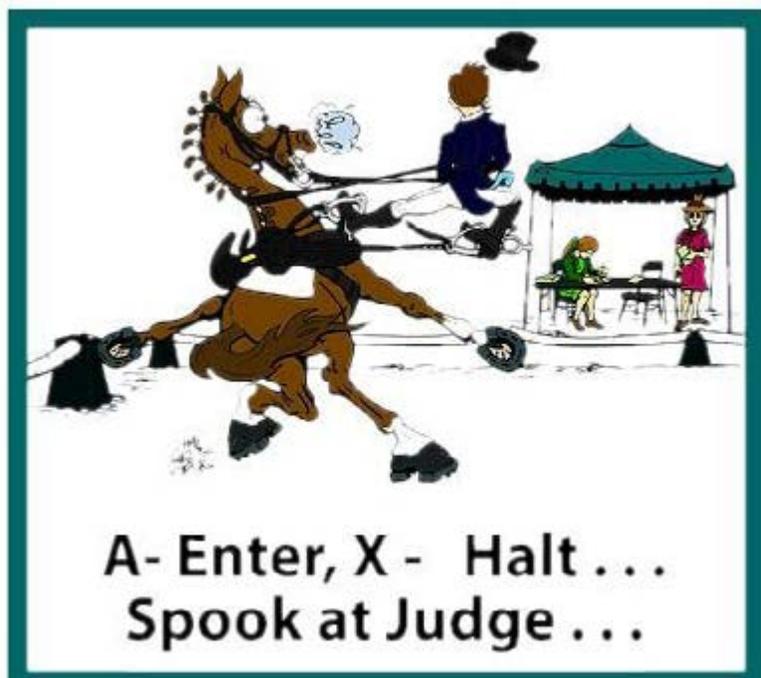
We then watched full tests of Training, First, and Second Level horses. Lisa wanted participants to get away from generic comments ("capable pair," "work to improve engagement and suppleness,") and to focus on the essence of the issue in the test. Even in a test with significant problems, she had a clear philosophy of always looking for the highlight of the test and finding something positive to say in the further remarks. For example, one video that showed a First Level horse with serious contact issues and significant disobedience, but Lisa emphasized that the further remarks could focus also on some nicely balanced canter moments the horse showed to the left. She also underscored to look for quality, and not be too laser focused on small mistakes in an overall fluid and expressive test. And always remember the training scale and the importance of basics in assessing a performance. We ended the evening watching a video of Lottie Fry riding Glamourdale in a Grand Prix test, so we could leave with a picture of what we are striving toward with impulsion, submission, etc., at the pinnacle of the sport.

Throughout the evening, participants were impressed by Lisa's use of interesting and descriptive vocabulary in her remarks. At the end of the evening, one participant asked her how she thought up expressions like, "Dapper duo"; Lisa responded that when she has

few free minutes, she brings up a thesaurus on her computer, thinks of a word or phrase she uses too much, and looks for something new to use. It was such a perfect example of the level of dedication and work it takes to rise to her level, and why continuing education is so important to becoming and staying a top judge.

The participant evaluations reflected very strong feedback on the program. Comments included, "Such deep expertise is appreciated. Outstanding communicator," "Well organized with good insight," and "Informative, relatable and encouraging." In addition to the wonderful learning, it was great having the camaraderie of a group of judges and dressage riders and trainers while munching on a wonderful dinner of sandwiches and salads on a cold February evening. Many thanks to Lisa Rice and Anne Harrington for their help in organizing the event.

Same time, next year! ■



By Michele Wellman

In the first article we discussed, Why Cavaletti? In general, using cavaletti can improve any training program by adding variety and exercises that challenge the horse and rider for accuracy, consistency, balance, and focus. Cavaletti improves horse and rider communication and teamwork when done on a regular basis.

For these exercises you will need four heavyweight 12-foot poles that are striped or marked using duct tape in 3-foot sections from the middle outward. Shorter poles or timbers are also fine, but no shorter than 8-foot is best. PVC or light plastic poles are not recommended because they move and shatter easily when stepped on. You can find details about setting up your pole stripes in the first article from the December 2023 VADA/Nova newsletter.

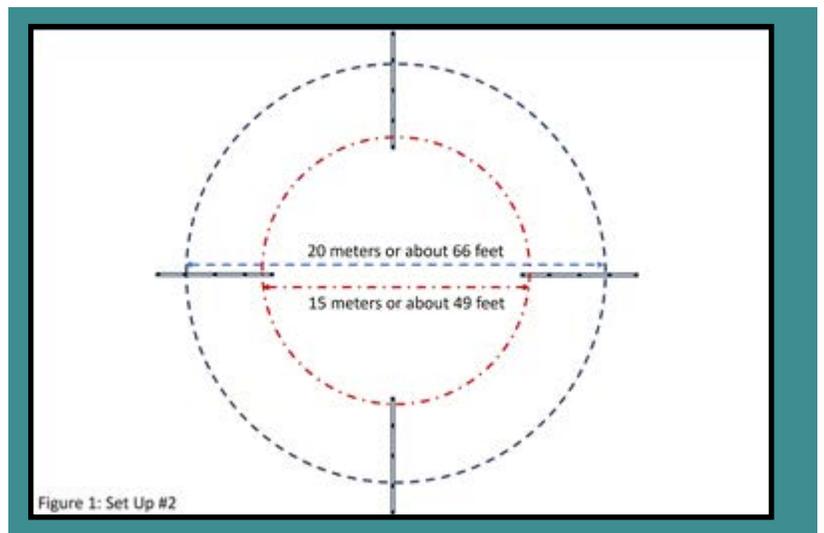
EXERCISE SET UP #2 – “THE CLOCK”

See Figure 1 for basic set up details. This series of exercise uses four poles at the 12, 3, 6, and 9 positions of a clock. Make sure you set the four poles according to the diagram, ensuring the same stripe is on the 20-meter circle line. If your arena is only 20 meters (66 feet) wide, place your 12 and 6 position poles on opposite long sides against the arena wall. Make sure that you then measure the distance between the poles at the 3 and 9 positions, so the measurement from the outside of the pole to the outside of the opposite pole is 20 meters. This pole set up gives you a target on each quarter of the circle which will help you ride a consistent size circle.

EXERCISE 1, SET UP 2

Warm your horse up according to your normal routine. You do not need to canter before starting the first exercise, but if your horse trots better after cantering, you should consider cantering before you begin.

If you set up your poles according to Figure 1, then your outermost circle shown in Figure 2 will be approximately 20 meters. Pick up a trot tracking your easier direction and aim for the outermost mark on your poles. Your goal is to ride a regular trot hitting the same mark on all four quarters of the circle. You should focus on consistency of tempo and enough bend to keep your horse nose to tail along the circle line. Think of this as your perfect 20-meter trot circle. When this circle feels easy for you and your horse, start to spiral down one mark at a time. You should spend enough time on each



circle size to feel that your horse is comfortable, balanced, and regular before moving to the next smaller circle. This exercise will progress you from a 20-meter circle down to about a 15-meter circle. Only go as small as you can while maintaining accuracy, balance, bend, and consistency of tempo.

Depending on you and your horse's fitness level, you can spiral back out one mark at a time or take a walk break. After your break, you can begin the same direction starting at the smallest circle and work your way back out, or you can change directions and proceed through the exercise the opposite way. This exercise is a great variation of the classic spiral in and out exercise. Throughout, you should be focused on accuracy, balance, bend, and consistent tempo. Most people will find this exercise helpful in pointing out how much our "circles" aren't round and drift in or out throughout. It's a great way to practice riding a 20-meter or 15-meter circle and learning what it feels like to really ride a round figure. Riding this exercise as accurately as possible will also greatly improve balance and your outside connection.

EXERCISE 2, SET UP 2

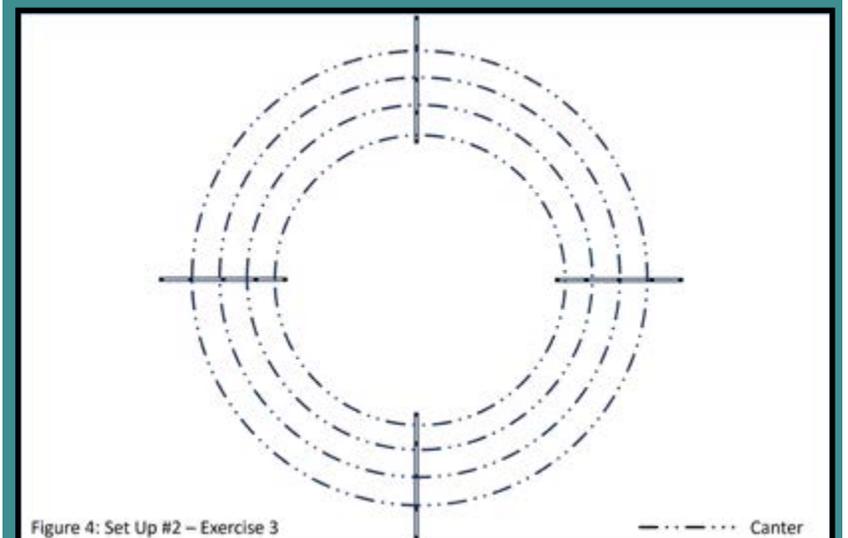
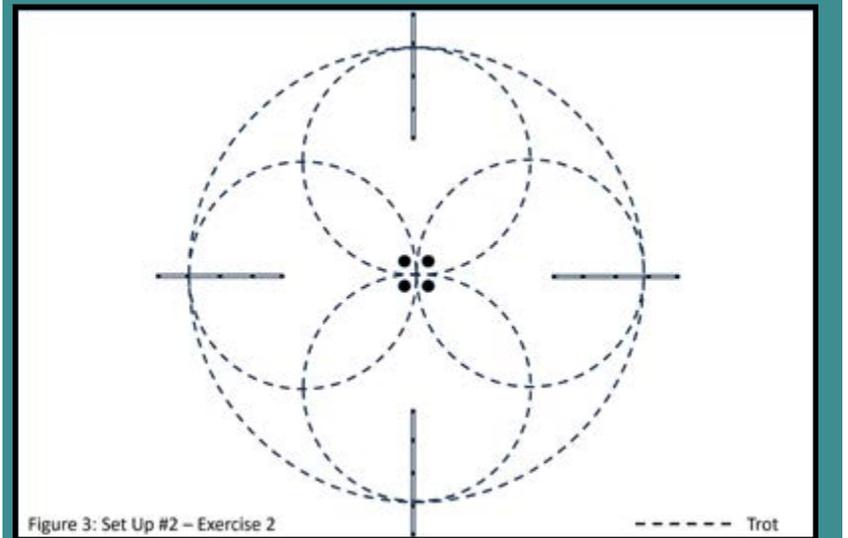
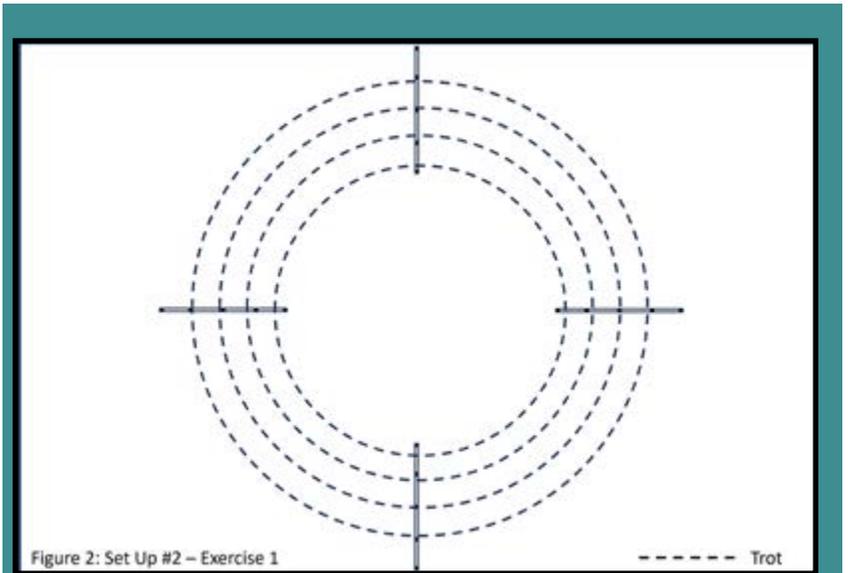
This exercise builds on the consistency of the trot you achieved in Exercise 1 by adding smaller circles and changes of direction. If you have small cones or something similar, you can put them in a square as shown by the dots in Figure 3. They should be set about a horse width apart on all sides surrounding the center of your 20-meter circle. You can eyeball this placement or measure 10 meters (33 feet) from your 20-meter markers on each pole.

Start out trotting your 20-meter circle marks in either direction. Ride the circle until you find the consistent tempo you found in Exercise 1. Once you find that balance and tempo, perform a 10-meter circle leaving the pole at the 20-meter mark, passing through the cones and returning to the same mark on the pole from which you started. Continue along the 20-meter circle to the next pole and do another 10-meter circle. You'll follow the 20-meter circle around, doing a 10-meter circle at each pole until you've completed four 10-meter circles. On each of the 10-meter circles, you are thinking about accuracy, the bend along the circle line, balance, and a consistent tempo. Once you have completed four circles, you can continue on the clover leaf pattern doing more circles, or do a change of direction through the cones, performing a 10-meter half circle to a 10-meter half circle.

This exercise is a great way to practice centerline turns, 10-meter circles and 10-meter half circles. Once you've gotten the feel of the pattern and the circles become easier, you can do figure 8's, transitions from trot to halt and back to trot at the center, and almost any pattern of circles and direction changes. This pattern will improve your planning, accuracy, bend, balance, tempo, and connection while putting your horse more on your aids.

EXERCISE 3, SET UP 2

In this exercise, we will use the same pattern as in Exercise 1. Figure 4 again shows the progression from the outermost circle on the 20-meter marks down to the innermost circle on the 15-meter marks. Now that you have done the spiral in and out at trot, we will attempt it at the canter. You will still focus on accuracy, balance, bend, and tempo, but you will also work on stride length. Your goal for this exercise is to create a canter circle with the same length of stride throughout which means counting strides. While this may seem more important to jumping, it is also extremely important in the dressage arena as you work toward flying changes and placement of figures and transitions moving up the levels. It can also be critical in performing musical freestyles.



Continued on Page 12

Member Party

SUNDAY

MARCH

3

2-5 PM

IDA LEE REC CENTER
60 IDA LEE DR NW
LEESBURG, VA 20176

Join us for a light lunch, refreshments, and door prizes to celebrate our members and honor our Year End Awards winners and Above and Beyond volunteers. We'd like to gather to recognize everyone for their dedication to their horses, our sport, to each other, and this organization.

RSVP AT VADANOVA.ORG



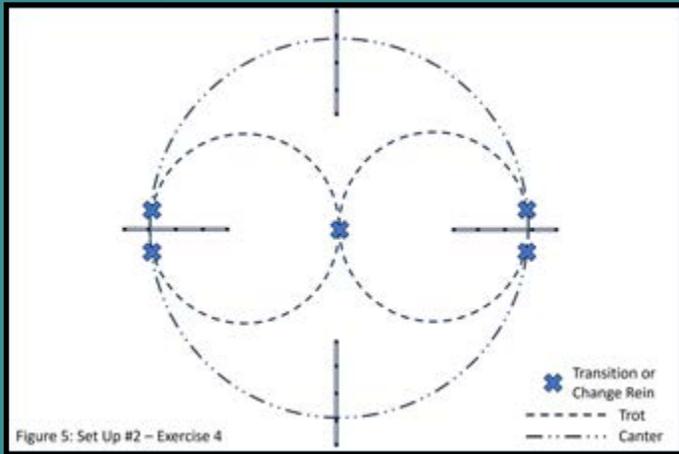


Figure 5: Set Up #2 – Exercise 4

If you have never done an exercise like this before, it can be daunting to start. Most people don't realize how inconsistent their canter is until they attempt a stride counting exercise. Start trotting on the 20-meter circle in the direction of your easier canter lead. Pick up your canter at any point. Initially your focus will be on maintaining your canter through the circle. Your goal is to place the strides so that your horse canters over each pole and puts the same number of strides between. The number of strides will vary based on the natural length of your horse's stride. You should work to find a canter stride that is easy for you and your horse to replicate as you go around the circle regardless of how many strides you get between poles. I suggest counting in a way that accounts for the pole as well as the strides, such as Pole, One, Two, Three, Four, Five, Pole, One, Two and so on. Once you find the rhythm of the exercise, you'll be amazed at how much better balanced and controlled your canter will feel. In your first attempt, I suggest trying to find that count on the 20-meter circle on your easier lead and then taking a break and doing the same on your harder lead. For most riders and horses, performing the exercise on the 20-meter circle each way is plenty for the first time. It is also common for one direction to have a different number of strides than the other when first doing this exercise. Your first goal is to make both directions the same.

Once you feel like you can consistently repeat this exercise with accuracy, balance and bend on the 20-meter circle, you can work to spiral down to the 15-meter circle and find the same consistency in each direction. As you get better and better at finding the correct balance and stride length repeatedly, you can start to work on shortening and lengthening the strides while maintaining the consistency of the number of strides on each quarter of the circle. This is a great exercise to return to as you move up the levels of dressage. It's a great test for balance and adjustability in collection and will help improve your overall connection.



EXERCISE 4, SET UP 2

In this exercise, we will combine elements of each of the previous exercises and add in more transitions for accuracy. If you still have your cones set up from Exercise 2, you can use them to aid you in this exercise as well. As with the previous exercises, we are looking for consistency of tempo and stride length in each gait, balance, and bend. Focusing on each of these throughout performing this pattern will also result in a better overall connection.

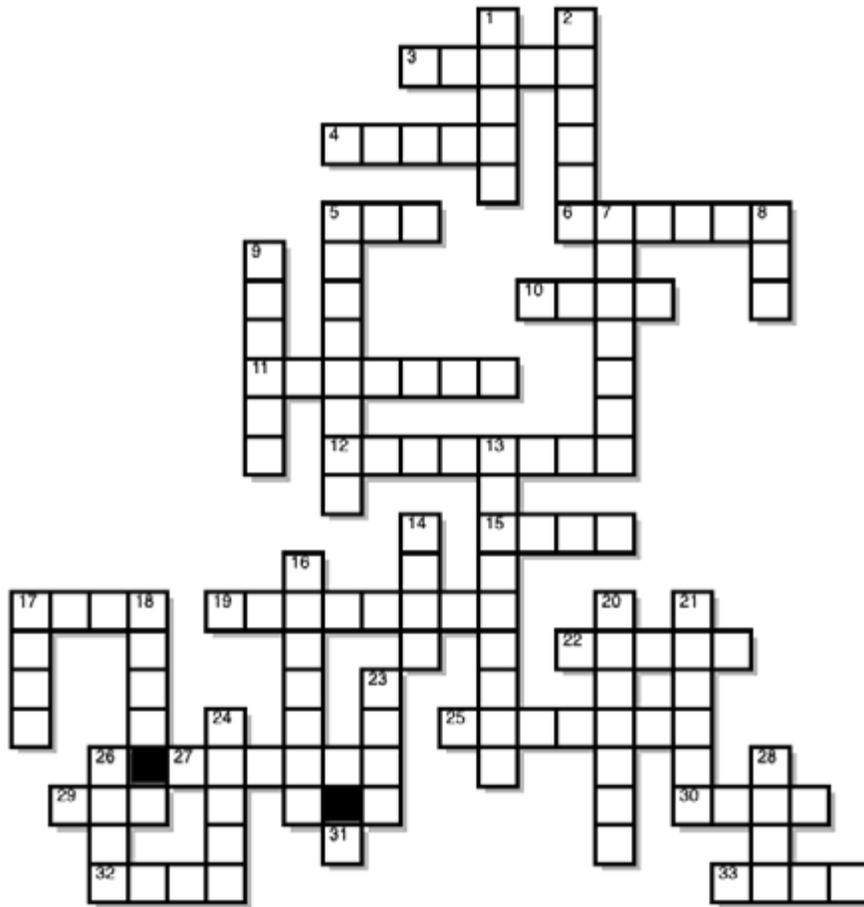
Start at trot on the 20-meter circle in your easier direction. Perform a 10-meter circle as shown in Figure 5. After you complete the smaller circle, pick up your canter immediately after going over the pole, as close to the X as possible. You'll ride half a 20-meter circle in canter before performing a downward transition to trot at the next X. If you remember how many strides you achieved in Exercise 3, try to ride that number of strides from the canter transition to the pole, ride over the pole and then the same number of strides before performing the downward transition to trot at the next X. You'll then ride into another 10-meter trot circle. After you complete the smaller circle, repeat the exercise on the next half of the 20-meter circle. Most horses will pick up the pattern and if you make the exercise a game, enjoy the challenge of figuring out what's next.

This exercise is a true test of how well you were able to perform the previous exercises and will really show if your horse is balanced and truly on the aids. If you master this exercise and need more of a challenge, you can canter half the circle, counting strides on one lead, perform a change of direction through two 10-meter half circles at trot and then canter the other lead on the next half circle. You can repeat the changes of direction and leads as you like. For more advanced riders, this exercise can be used to practice the 10-meter half circle to 10-meter half circle in counter canter from Fourth Level Test 3. You can get really creative depending on you and your horse's level of training by adding more transitions, smaller circles, flying changes, and almost anything you can think of doing! ■

Stay tuned for the next installment with 4 exercises using a "box".

ABOUT THE AUTHOR: MICHELE WELLMAN

Michele is a USDF Bronze and Silver Medalist and USEA ECP Level III certified eventing coach. She has competed multiple horses through Intermediate level dressage and Preliminary level eventing. Michele owns By Chance Farm where she teaches and trains, hosts cavaletti clinics monthly and holds 8 dressage schooling shows and 4 Licensed shows each year. Her goal is to make riding and showing a fun and accessible experience for all.



ACROSS

- 3 four-legged
- 4 a small number 27 across
- 5 welcome to FEI
- 6 where one gets an education
- 10 four beats
- 11 have you ever been too ____?
- 12 on the ____ and narrow
- 15 prize - in French
- 17 diagonal pairs
- 19 from corner to corner
- 22 of R & R
- 25 bring together
- 27 round and round
- 29 could be jointed
- 30 horse steering wheel
- 31 at the center of everything
- 32 have a ____
- 33 comes from the ribcage

DOWN

- 1 like a bean
- 2 climb
- 5 to make improvement
- 7 increase engagement
- 8 forward aid
- 9 feel the beat
- 13 thrust
- 14 sandbox
- 16 sometimes on a beam
- 17 progress and development take ____
- 18 another word for corner
- 20 sometimes a picture/sometimes a horse
- 21 has a lead
- 23 unrestricted
- 24 where you first see a leg yield
- 26 tools
- 28 along for the ____



VADA/Nova is thrilled to announce a dramatic expansion of businesses who support our members by accepting volunteer bucks. Visit our online Bucks Store for links



ATTENTION

Aspiring Authors!

VADA/Nova needs aspiring authors to submit content for our newsletter. We are calling on trainers, veterinarians, and horse owners to share their knowledge with fellow VN members in an article submitted to the newsletter. Authors of published articles will receive half a day of volunteer time and 5 VN bucks. What a great way to earn volunteer time for year-end awards. Articles can be one to two pages and pertinent photos are welcome.



Find VADA/Nova on Instagram at @vadanova_dressage



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TREASURER REPORT

4TH QUARTER 2023 FINANCIAL ACTIVITY

Lisa Rice

The 4th quarter, 2023 Statement of Activity reflects the final show activity of the year, our Schooling Show Championship, as well as continuing membership renewals and sign-ups for 2024, and various ongoing administrative expenses. Also reflected are some initial payments/deposits to kick off the planning for the 2023 Year End Awards and Member's Party which will be March 3, 2024 at the Ida Lee Recreation Center in Leesburg, VA.

The 2023 Championship and Open Schooling Show on November 4 was held again at Morven Park. Though it was a relatively smaller show, the competitors and staff enjoyed a great day. All the champions at each level were awarded beautiful ribbons and great prizes to reflect their hard work and great performances throughout 2023. The riders in the open classes were able to get a jump start on their qualifications for the 2024 Championship show, and we hope to see many of them in November. The show realized a net profit of \$671.13

Full reports available in the Document Library at www.vadanova.org

Please feel free to address any specific questions to treasurer@vadanova.org

NOVEMBER 2023 CHAMPIONSHIP & OPEN SCHOOLING SHOW

Revenue	
Services	
Schooling Show Participant Fees	3,468.05
Total Services	\$ 3,468.05
Total Revenue	\$ 3,468.05
Gross Profit	\$ 3,468.05
Expenditures	
Banquet-YE Awards	
Banquet Facility	
Total Banquet-YE Awards	\$ 0.00
Clinic Expenses	
Clinic Facility Fee	
Total Clinic Expenses	\$ 0.00
Schooling Shows	
Facility Rental-SS	1,555.00
Judge Fee & Exp-SS	689.18
Lunch-Bkfst-Snacks-SS	508.74
Prizes-SS	44.00
Total Schooling Shows	\$ 2,796.92
Total Expenditures	\$ 2,796.92
Net Operating Revenue	\$ 671.13
Net Revenue	\$ 671.13



Find VADA/Nova on Instagram at [@vadanova_dressage](https://www.instagram.com/vadanova_dressage)



Visit our Website vadanova.org

- If you are looking for Year End Awards information, check under the **About Us Tab!**
- If you want to make a difference as a volunteer, make sure you log in as a member, then go to the **Volunteering Tab!**
- Looking for information on our Licensed Show? Make sure you visit our **Calendar Tab**, for complete information, click on the event you are interested in!

October - December 2023

4TH QUARTER 2023 ACTIVITY

	CLINICS	LICENSED SHOWS	MISC	ORGANIZATIONAL	ORG-ADMIN	TOTAL ORGANIZATIONAL	SCHOOLING SHOW	YEAR END AWARDS	TOTAL
Revenue	\$400.00	\$1,019.16	\$0.00	\$9,019.69	\$0.00	\$9,019.69	\$3,468.05	\$0.00	\$13,906.90
GROSS PROFIT	\$400.00	\$1,019.16	\$0.00	\$9,019.69	\$0.00	\$9,019.69	\$3,468.05	\$0.00	\$13,906.90
Expenditures									
Banquet-YE Awards								292.50	\$292.50
Clinic Expenses	152.50								\$152.50
Club Express					286.71	286.71			\$286.71
Insurance					573.00	573.00			\$573.00
Legal & Professional Services					2,032.38	2,032.38			\$2,032.38
Licensed Show Expenses		175.34							\$175.34
Newsletter					1,874.21	1,874.21			\$1,874.21
Office Supplies & Software					270.00	270.00			\$270.00
Postage					210.00	210.00			\$210.00
Schooling Shows							2,796.92		\$2,796.92
Storage					2,088.00	2,088.00			\$2,088.00
USDF/VADA Member Exp				3,434.00		3,434.00			\$3,434.00
Volunteer Buck Reimbursement					2,050.00	2,050.00			\$2,050.00
Year End Prizes-Awards								1,265.04	\$1,265.04
Total Expenditures	\$152.50	\$175.34	\$0.00	\$3,434.00	\$9,384.30	\$12,818.30	\$2,796.92	\$1,557.54	\$17,500.60
NET OPERATING REVENUE	\$247.50	\$843.82	\$0.00	\$5,585.69	\$-9,384.30	\$-3,798.61	\$671.13	\$-1,557.54	\$-3,593.70
Other Revenue	\$0.00	\$0.00	\$0.00	\$28.54	\$1,500.00	\$1,528.54	\$0.00	\$0.00	\$1,528.54
Other Expenditures	\$0.00	\$0.00	\$74.17	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$74.17
NET OTHER REVENUE	\$0.00	\$0.00	\$-74.17	\$28.54	\$1,500.00	\$1,528.54	\$0.00	\$0.00	\$1,454.37
NET REVENUE	\$247.50	\$843.82	\$-74.17	\$5,614.23	\$-7,884.30	\$-2,270.07	\$671.13	\$-1,557.54	\$-2,139.33



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West Financial Services (WFS) is proud to support VADA/Nova as a Platinum Sponsor.

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Best of luck to all competitors!



Abby E. Just, Senior Portfolio Manager



Brian J. Horan, CPWA®, Senior Relationship Manager

2010 Corporate Ridge Road, Suite 530, McLean, Virginia 22102 (703) 847-2500

www.westfinancial.com

BITS & PIECES



Don't forget to complete Safe Sport training! Owners, riders, and trainers must all complete this to be eligible to compete at licensed shows.



Mary Callan and her horse Candela (Candy) after her first time showing the horse at the Global Dressage Festival. With her granddaughter and her trainer Sara Schmitt.

SMALL KINDNESSES

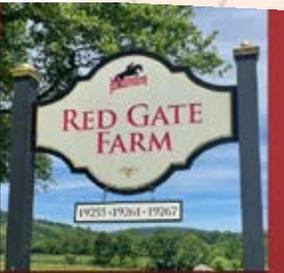
by Devin Out West

Don't take him up a mountain, when he ain't been rode in weeks, don't put off the things he needs, don't neglect his feet or teeth,
 Let the bit fall slowly when you drop it from his lips, and get off just to check him, should he ever fall or trip,
 Don't slam the saddle on his back, don't be yanking on your reins, and remember he can't tell you, so be on the watch for signs of pain,
 Warm that cold bit up before you slip the bridle on, and be patient in your training cause he's bound to get things wrong,
 Feed him a little heavy when that bitter cold sets in, and pat him on the neck whether you lose or if you win,
 Take time to cool him out when he's worked up quite a sweat, the old timers had it right when they said, "Don't put him away wet,"
 If he's just standing there tied, pull his cinch a little loose, and don't be in a hurry, that horse should eat before you do,
 Lift the saddle up and let the cool wind air his back and take the pressure off his withers by tenting the front of your saddle pad,
 Set his feet down easy when you're picking out his hooves, and remember he doesn't hurt you, even though if he wanted to he could,
 Don't be too proud to rub his face, and take the extra minute there too, to give your horse small kindness, because he sure takes care of you.

WWW.DEVINOUTWEST.COM
 @DEVINOUTWEST ON INSTAGRAM AND TIKTOK

New Partner Show!
 Red Gate Farm in Bluemont, Virginia, has been hosting Hunter and Jumper Shows in Loudoun County for 17 years, and starter horse trials for six years! This year, Red Gate Farm has decided to expand with an additional offering of a Dressage schooling show series. All scores will be recorded and eligible for VADA Nova's Year End Awards.

Our 230 acre full service facility with the Blue Ridge Mountains in the backdrop is well equipped. We offer professional, dust free footing in all arenas as well as a sprinkler system. We also have a professional sound system, plentiful parking, and climate controlled bathrooms and lounge. There are a limited number of stalls available for use during all competitions. We look forward to seeing you at our shows!



Schooling Show Dates
 MARCH 24
 JUNE 23
 AUGUST 25
 OCTOBER 27



WWW.REDGATEFARMVA.COM

2024 Calendar of Events

MARCH

MARCH 1, 2024

March Piaffe & Passage published

MARCH 3, 2024

Member, Volunteer & Year End Awards Party
at Ida Lee

MARCH 17, 2024

Schooling Show at Morven Park

MARCH 24, 2024

Red Gate Farm Schooling Show

MARCH 31, 2024

By Chance Schooling Show

APRIL

APRIL 3, 2024

Beaux Reves Schooling show

APRIL 6-7, 2024

VADA/Nova Spring Dressage Licensed Show
at Morven Park (7346)

APRIL 20, 2024

By Chance Schooling Show

APRIL 27, 2024

Mitchell Dressage Schooling Show

MAY

MAY 1, 2024

Beaux Reves Schooling show

MAY 8, 2024

VADA/Nova Midweek May Meet Licensed Show
at Morven Park (339639)

MAY 9-10, 2024

VADA/Nova Debbie Rodriguez Clinic
at Windswept Farm

MAY 11, 2024

Homestead Farm Schooling Show

MAY 19, 2024

By Chance Schooling Show

MAY 25, 2024

Mitchell Dressage Schooling Show

JUNE

JUNE 1, 2024

une Piaffe & Passage published

JUNE 5, 2024

Beaux Reves Schooling show

JUNE 8-9, 2024

VADA/Nova Summer Dressage Licensed Show
at Morven Park (1672)

JUNE 15, 2024

Mitchell Dressage Schooling Show

JUNE 15, 2024

By Chance Schooling Show

JUNE 23, 2024

Red Gate Farm Schooling Show

JULY

JULY 3, 2024

Beaux Reves Schooling show

JULY 7, 2024

By Chance Schooling Show

JULY 27, 2024

Mitchell Dressage Schooling Show

AUGUST

AUGUST 3, 2024

Schooling Show at Morven Park

AUGUST 7, 2024

Beaux Reves Schooling show

AUGUST 17, 2024

By Chance Schooling Show

AUGUST 24, 2024

Mitchell Dressage Schooling Show

AUGUST 24-25, 2024

VADA/Nova Summer Wind Down I
Dressage Licensed Shows
at Morven Park (317762)

AUGUST 25, 2024

Red Gate Farm Schooling Show

SEPTEMBER

SEPTEMBER 1, 2024

September Piaffe & Passage
published

SEPTEMBER 4, 2024

Beaux Reves Schooling show

SEPTEMBER 15, 2024

Homestead Farm Schooling Show

SEPTEMBER 21, 2024

Mitchell Dressage Schooling Show

SEPTEMBER 22, 2024

By Chance Schooling Show

OCTOBER

OCTOBER 2, 2024

Beaux Reves Schooling show

OCTOBER 17, 2024

By Chance Schooling Show

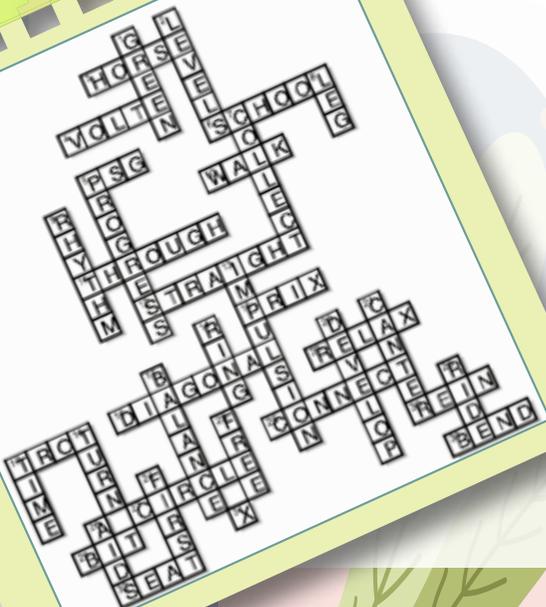
OCTOBER 19, 2024

Mitchell Dressage Schooling Show

OCTOBER 27, 2024

Red Gate Farm Schooling Show

CROSSWORD KEY



Each of these events have volunteer opportunities too!

Veronica Gogan

communications@vadanova.email

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Hamilton, VA 20159



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VADA/Nova website
www.vadanova.org

For other questions or issues, please check our website