



Central Plains Dressage Society Newsletter June 2020

Fun Friendly Forward

President's Message/June

Hello all! I feel like a broken record trying to keep you up to date on our required precautions at horse shows. Despite personal beliefs and a societal rejection of protections, we must at providers of our horse shows comply. Our first few shows have been really good with high participation and efforts to social distance, and to wear protection. So far, USEF is not moving to relax any of their regulations. If you are entered in the recognized show at the end of the month you will be asked to monitor your temperature for a few days before you arrive. Your temperature will be taken at the gate. You MUST wear a mask unless you are mounted. There are no spectators allowed. **HOWEVER, THE SHOWS WILL BE LIVE-STREAMED SO FRIENDS AND FAMILY CAN WATCH YOU.** If someone shows symptoms after the show all people who were at the show will be asked to quarantine. A technical delegate has the authority to enforce the regulations. We all hope that by the time our show comes some of these rules are reviewed and relaxed. **THESE ARE NOT CENTRAL PLAINS DRESSAGE RULES THESE ARE USEF RULES.**

If you are still planning on showing, let me remind you of warm-up etiquette. The big one is to pass left shoulder to left shoulder if riding in opposite directions. If you are in a slow gait (walk) use an inside track. Control your whip. Stay at least one to two horse lengths apart. Be aware of who is around you. We ride in straight lines, circles and diagonals and everyone has a right to be in the warm-up. The area is for working and can be confusing to an inexperienced rider.

Volunteers are there to assist. They will let you know when the horse in front of you has begun their test. That gives you about 5-6 minutes before you go. Be ready. If the judge rings the bell you have 45 seconds to begin you test. Being in the arena puts you in a position to do that. Pay attention to the show. Some judges are quicker than others and might get ahead or behind during the day. You can always wait until your time but if the trend at the show is faster try to be ready to go. The schedule re-aligns at every break and lunchtime.

Review rules pertaining to dress and equipment. There are equipment checks performed at a recognized show.

We run supportive and enjoyable shows mostly

because of the volunteer staff. It should be a positive experience. We are looking forward to seeing you at the show and supporting you as you start working toward your competition goals for the year. This year has added challenges for all of us. Let's make the best of the situation and ride hard!

Chris Cashel

President, CPDS

Stats from horseshowconsulting.com (Stacia Wert-Gray)

The livestream had 346 people tune in to the schooling show on Saturday, May 30, the first activity in the "opening". This is the highest viewership we have ever had. Apparently riders took it seriously when we asked them to tell their family to stay at home and watch on the stream. We are so fortunate to have that ability. 274 tuned into the live stream of our second schooling show on Saturday, May 16, and we picked up 5 new memberships. A good day.

(submitted by Stacia Wert-Gray)

Membership Update

I just submitted our latest roster to USDF. Currently, we are standing at 144 members, which I feel is a great number, as the majority are active and involved, but also with the COVID issue, I feel that a lot of our members that would usually renew in March and April have postponed.

(submitted by Christina Harmon)

The Board is working hard on organizing (and re-organizing) events and activities for the remainder of the year. This is not an easy task since things are still in a fairly fluid state. Watch the CPDS website, Facebook, email blasts, and the newsletter for updates.

Newsletter editor is planning to continue "Meet the Member" articles. She will be contacting members for their stories on a very informal and freestyle basis. Thanks for your cooperation in advance!

From The President:

Hi everyone! We are ready to hit the big time! Two recognized shows are coming soon and we need a variety of help. We have many rules in place for:

1. Western Lite/schooling show. June 20

This is recognized for western dressage so we are using it as a dress rehearsal. Other than regular volunteers jobs of scribe, gate, warm-up, announcer we need an entrance gate person who will take temperatures and have people sign a waiver. All volunteers and participants will have to wear a mask (sort of exception) warm-up person who is more than six feet away from anybody.

Hopefully we will have enough people so everyone will work half days.

2. Recognized show- June 27 and June 28.

Read all of the above. Temperatures at gate must be take everyday including warm-up day. Either a person will be at the gate or a phone number to call a person will be on the gate before entry. All people need to be tested including staff, volunteers, show personnel. There are no spectators, however, one parent per junior is allowed and of course grooms. Show is live streamed for other interested people.

There is on-going cleaning and monitoring. We can only hope for relaxation of rules soon.

Please let me know if you are available and when so I can start to build a schedule. Bring some friends to help. These events are very important to the Club so we really need members and non-members to step up.

Thank you in advance.

Chris Cashel

Chris Cashel

Cavaletti Training
By: Den Burdette

When training dressage horses for pleasure or competition, we work through the training scale to improve our horse's gaits and self-carriage. Most of us are not blessed to have a fancy horse with gaits like Valegro, but there are tons of ways to improve our horse's way of going. One great way to improve the suspension, overall balance, and self-carriage of our horse is to use cavaletti. Cavaletti are small x jumps that are one piece in design and can be turned to three possible heights.

A client of mine recently built some cavaletti from scratch. They are relatively easy to build using 2x4's. Here is a detailed link on YouTube that tells you how to build them-

https://www.google.com/search?q=how+to+build+a+cavaletti&oq=how+to+build+a+cavaletti&aqs=chrome..69i57.10935j0j8&sourceid=chrome&ie=UTF-8#kpvalbx=_xcXcXtf0N4-utQbe1a0BA33

I would suggest building at least 3-4 cavaletti so you can have plenty to work with. There are numerous videos on YouTube that show you how to space your cavaletti apart for your horse's stride and for each gait-walk, trot, canter. I would first set my cavaletti in a line with appropriate spacing. If my horse has never seen these obstacles before, I would hand walk him over them several times before riding. Then walk over them at the lowest height being sure to give the horse a longish rein to relax and lift his back and topline as we go over the cavaletti. Then once confident I would trot and or canter over them. After we are proficient, I would experiment with raising the height and layout of my grid design to ride over. I also experiment with posting over them at the trot or riding in two point or jumping position through the grid. Below is a pic of me riding Gold Doubloon D'Avalon owned by Beth Circle over the cavaletti at the canter in the two-point position.

I have found riding the cavaletti has helped improve my horse's gaits, way of going and general attitude. Plus, it is fun for horse and rider! I set them up in the field sometimes too outside of the arena, so it breaks up the training and the horse has more fun. The next time I go in the arena after schooling cavaletti he is fresh, fun and has more suspension. Good luck playing with the cavaletti and have fun!



Dressage Riders Must Be Quick-Thinkers and Problem Solvers

Melanie Kessler

USEF "S" Dressage Judge

I instruct my students to break down their difficulties and have them quickly tell me what they need to do as a correction. Many times riders feel overwhelmed with the fact that their figures and movements aren't maintaining quality. I encourage them to think in terms of gradual improvement. Instead of riding for perfection, I have them ride to do better.

As they ride the long side they tell me what they feel is needed fundamentally to improve. Impulsion, straightness, steady tempo etc. On the short side they make their corrections. The next long side they ride having isolated the main problem. The idea is to quickly use the tools the instructor has given them and do "better" each long side. They must be quick to assess and correct. The fundamentals are the key to achieving the lightness and harmony we all seek to perform the exercises with ease both for us and our horses.

Remember the fundamentals are in the training scale. No matter what sport you engage in or what level you have achieved, the key to success is a strong understanding and ability to perform the "basics".

I encourage all riders to take the responsibility of knowing the fundamentals of our sport and to develop their skills in explaining them to their partners.

PREPARATION IS THE BASIS OF THE EXTENDED TROT

Rolf A. Vlatten M.D.

When your test calls for an extended trot on the diagonal you must prepare your horse on the short side. Try to engage your horse a little more; ride well through the corner with the inside leg firmly on the horse and the outside rein giving support and balance. After the corner the horse should be straightened and a half halt should precede the first extended stride.

Once the horse executes the extension you must move your hands a little forward to permit the neck to stretch and to give more freedom of the shoulder. Keep the rhythm in your hands. Watch that your horse does not fall on the forehand or start running. Give a half halt when crossing the center line to avoid these problems.

"The essential premise for training is the psychological connection between man and creature. When this is lacking, the rider cannot cultivate or ennoble, but only enslave."

- Col. Hans Handler

24 Carrot Quote

