



Stacia Wert-Gray

Central Plains Dressage Team Osage Hills

Central Plains Dressage Society is a USDF Group Member Organization in Oklahoma. We offer dressage enthusiasts a place to learn about the sport, socialize with other dressage riders, participate in shows and clinics, and more.

Central Plains DressageNews

Volume 2
Number 3
March 2018

Navigating the Membership Maze

Set Your Overall Goals First

By Stacia Wert-Gray

Recognized show season is almost here and the questions regarding requirement memberships and horse registrations are starting to come in. The membership you need depends on your overall goals for 2018. Therefore, I have organized this list around goals.

LOCAL LEVEL GOALS

CENTRAL PLAINS DRESSAGE SOCIETY PROGRAMS

CPDS Year End Awards Program

- No horse registration is required
- You must be a member of CPDS to earn a year end award.

The deadline for this membership is July 1 and any points accumulated prior to July will count to this local program.

CPDS Schooling Show (October 13) or Recognized Show Championship (October 14 and October 27-28)

- You do not need to be a CPDS member, but will be assessed a \$25 non-member fee to enter championship classes.

Compete at a CPDS schooling show

- No membership required



Camille Fuller

Compete at a CPDS recognized dressage show (April 21-22; May 19-20; June 23-24; Sept 1; Oct 27-28)

- USDF participating of GMO membership (CPDS is sufficient)
- USDF horse identification (can obtain this at the show)
- USEF competing membership (can join at the show)

Note: if entering only introductory level tests or opportunity classes, no memberships are needed!

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News in Brief

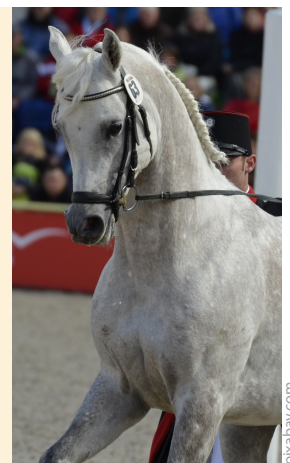
Calling all Professionals

The Central Plains Dressage Society website is proud to maintain a professional directory for our members. All professionals engaged in the equestrian business and members of Central Plains are encouraged to submit their information to the professionals' page listing. This include trainers, boarding facilities, vets, farriers, etc.

Arabian Sport Horse Value Show Added and Open Schooling Show

CPDS is once again offering a show to allow our friends who show Arabian and Arabian cross horses an opportunity to qualify for the AHA regional championships. The one-day sport

horse show is scheduled for Sunday, May 13, at Valley View. The judge is Ryan Bell "r." Dressage tests through second level will be offered along with all the western dressage tests. In hand and group classes are also scheduled. Because the Arabian show generally only fills one half of a day, an open schooling show with WDAA Lifetime points will also be available on that day. Entry information for both shows is available at www.horshowconsulting.com.



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NEWS IN BRIEF (continued)

On Sat., Feb. 24, 15

CPDS members braved the thunderstorms and the cold to participate in a Goal Setting workshop at Valley View Equestrian Center. Janet Cagle, Central Plains board member and a trainer with the Bank of Oklahoma, shared her expertise with us on developing and setting goals, working the goals with the tasks required, keeping track of the goals over time, and then what is needed to achieve our goals.

It was a jam-packed two hours of a seminar Janet usually does over two days! A huge thank you to her for donating her Saturday to CPDS!

We had the perfect lunch on a cold day: tomato soup, grilled cheese sandwiches and lots of desserts, all courtesy of members Nancy Eytcheson and Kathy Maxwell, with snacks donated by Holly Luke.

After lunch seven riders participated in a quadrille choreographed and directed by Robin Hessel. We did the best we could ☺

We owe a huge thank you to Robin for her work with all of us, as well as offering Valley View for this very special afternoon. A great day of FREE fun and education provided by Central Plains Dressage Society!

Welcome



Chris Cashel sent me a note about the Horse and Rider Together (HART) program. This may be the program for you!

The USDF HART program allows you to track your patterns of work with your horse that lead to the accomplishment of your goals. HART uses Facebook to track and share your progress as you learn through journaling your experiences.

If you go to the HART program on the

USDF website, which is found on the education tab, you will see that our own "goal getter" Janet Cagle has logged the most hours nationally.

If you are into social media and would like a daily accounting of your horse and rider experiences sign up and start journaling!

Best regards,

Nancy Spring

Working Equitation Recognized "B" Level Shows are now in Planning Phase



Two working equitation recognized shows are now in the planning stages. Tentative dates are June 9 at Sheridan Stables in the Tulsa metro area and Sept 23 at Valley View.

Judges are Rebecca Alger for the June show and Doreen Atkinson for the September show.

More information will be available soon.

Calendar

MARCH

- 3 Schooling Show Joyful Noise
- 4 Clinic, Rocking C/Claudia Coley
- 10 Schooling Show Valley View
- 27 Workshop "Parents and Partners of Dressage Riders/Hideaway, Stillwater
- 31 USEF Western Dressage Valley View
- 31 Schooling Show Valley View
- 31 Spa Day

APRIL

- 7 Schooling Show Joyful Noise
- 21-22 USEF/USDF Recognized Show
- 23 Clinic, Valley View/Thomas Poulin
- 28 Schooling Show Team Comp. Rocking C

Entry information for all CPDS shows is available at www.horshowconsulting.com. Please visit the club website www.centralplainsdressage.org to view an up-to-date listing of all our 2018 shows and clinics. Click on the "calendar" tab to find a link to the current schedule. We are still adding activities, so check back regularly. If you have any questions about Central Plains shows, email Stacia Wert-Gray at gtgray@aol.com.



[Central Plains DressageNews](http://CentralPlainsDressageNews)

The newsletter of the
Central Plains Dressage Society

www.centralplainsdressage.org

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Preparing to be a Clinic Rider

Clinics offer a Wonderful Opportunity to Learn

By Chris Cashel, President

If you look at the Central Plains Dressage schedule you will notice that there are many clinics available for riders. Clinics provide a wonderful opportunity to learn and are part of our educational mission. The question is: Are you ready to ride in a clinic?

If you are currently taking lessons from a professional that follows the Training Scale and provides a variety of exercises to improve both the rider and the horse, the answer may be yes.

Clinicians expect a certain level of knowledge about dressage theory and practice. Often they will watch you ride for a few minutes before they say anything. They are assessing your abilities and how your horse warms up before they ask what you want to learn. You should have an answer to this question. Hopefully you have talked with your teacher about what you want to work on with a clinician. Your teacher may even attend the clinic with you. It is recommended that you work on achievable things, maybe places where you are having difficulty. In one or two sessions your

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February Show Report

Feb. 17 Schooling Show was Jam-packed

By Stacia Wert-Gray

The February 17 schooling show was jam-packed, with 88 dressage rides and another 18 working equitation ease of handling rides. The weather cooperated and competitors enjoyed their time together in the sunshine.

Judges were Lidia Taylor (working equitation) and Deryn Stewart (dressage and western dressage). Show high points are listed below, and complete class results are available at www.horseshowconsulting.com.



Camille Fuller



FEBRUARY 17 SCHOOLING SHOW HIGH POINTS

Introductory Level	Tyler Moore	The Great Bandito	61.75
Training Level (tie)	Kari Nichols	Tiara	67.391
	Sara Buller	Rojo Diamante	67.391
First Level	Kendra McDermitt	Rojo Diamante	63.889
Second Level	Audry McKenna	Oberon	63.974
Third Level	Kari Nichols	Genna	65.385
Fourth Level	Kari Nichols	Cartwheel's Bell Star	66.75
FEI	Chris Cashel	Buena Vista	62.941
WD Introductory	Jonathan Beat	Obvious Glamour	70.5
WD Basic Level	Jonathan Beat	Obvious Glamour	66.458

Navigating the Membership Maze *Continued from p.1*

Compete at a CPDS recognized western dressage show (March 31, June 30, Sept 8, Oct 14)

- No memberships or horse registrations are required

REGIONAL LEVEL GOALS – GREAT AMERICAN/USDF REGIONAL CHAMPIONSHIPS IN HOUSTON, TX (OCTOBER 4-7)

- USDF participating membership (join USDF directly) for rider and owner
- USDF lifetime horse registration
- USEF competing membership – for rider and owner
- USEF horse registration (annual or lifetime)

This is not an exhaustive list, but it does address the goals most commonly expressed. For more information and to obtain membership, contact USDF, USEF, and WDAA.

NATIONAL GOALS

- USDF National Championships (early November in Lexington, KY) – same requirements as for Regional Goals.
- USDF Rider Goals (including medals) Rider membership (GMO or participating): your CPDS membership is all that is needed
- USDF Horse of the Year and All-Breeds Awards: Rider/Owner Participating membership; horse lifetime USDF membership
- WDAA World Championship (late Sept in Guthrie, OK) – WDAA membership
- WDAA Lifetime Points Program – Horse must be registered with WDAA and rider must be a member.

Introducing the All New... Barn Angel Program

We are looking for Junior riders who are interested in participating in the Junior Camp in June, but need to raise some money!!!! Please consider becoming a Barn Angel! These juniors would be available at shows starting the night before to help competitors unload and get horses settled...for tips!!!! Barn Angels could help competitors feed horses, clean stalls, get water, groom, hold horses.....for tips!!!! After competitors are done, they will need help with loading the trailer, cleaning the stall, etc....for tips!!!! Please consider becoming a Barn Angel! For more information or to volunteer, please contact Nancy Eytcheson @ anglwmn52@aol.com



Preparing to be a Clinic Rider *continued from p. 3*

riding life will probably not change but you will hear new ways to think about what you are doing, new exercises and gain confidence so that you can progress.

I usually ask the clinician if I can “run the scales.” That means going through my usual warmup with transitions and variations within gaits. The clinician always finds an area that needs work! Occasionally I ask to work on a movement that has been problematic. Most of the clinicians that I ride for are teaching immediately after a show and they already have a pretty good idea of where my weaknesses are. We negotiate the lesson to maximize the experience.

Perhaps the most difficult part of clinic riding is confusion about what exercise is wanted from the clinician. Some clinicians expect an immediate response to a direction, others will reword their instruction to help you understand. In order to minimize confusion, it is important to watch the clinician teach. Sometimes that means auditing a clinic to determine if the clinician is someone that you could handle. Sometimes it is watching other riders and gaging their success. There are certain exercises that clinicians use for riders of a particular level. The use of circles and

a variety of lines tends to be similar across riders.

Guest teachers who do the same exercise for all riders despite differences in levels is not a good clinician in my opinion. The bottom line here is do your homework and be prepared for your lesson.

Clinicians have different approaches to dressage. Some work more with the horse, some work more with the rider, some specialize in teaching how to maximize points in a test. All are valuable. By talking with past participants, you can be aware of what the essence of the lesson will be.

Clinics should not replace your regular lessons with your professional. He or she understands you and your horse and can translate and support what you learned from a clinician. They can recommend what type of clinician you would benefit from. They keep you moving toward a targeted goal.

Some trainers do not want their students to learn from an outsider. There are a few issues related to this. One, your teacher does not want you to pay someone else and then not take a lesson for several weeks because you do not have the money. If you ride in a clinic, you should commit to con-

tinuing your regular lessons. A clinic is a special event that cannot replace the person who sees you ride on a regular basis.

Another issue is that you return from a clinic and tell your teacher that now you understand something that had been difficult for you. Just because someone has used different-

You have a responsibility to be as good a student as you can be when riding with a clinician.

words and you understand a problem area better does not mean your teacher has not said the same thing. Obviously it takes a secure professional to encourage students to learn from other professionals. Remember your own teacher relies on your lessons for his/her income so before you register to ride with a clinician make sure you protect your relationship with your own teacher. They are with you for the long haul, the clinician is a one shot deal!

Like all education it is important to document what you learn. Many people video their lessons. Minimally you should have someone take notes about the exercises and pearls of wisdom from the clinician. This provides you with a reminder

of what happened during your lesson. It also frees up your mind to concentrate on what is being demanded of you.

You have a responsibility to be as good a student as you can be when riding with a clinician. Trying is a big part of that! Most clinicians will allow you to ask a question or to take a break when you need it. Some will drive you hard and then only answer questions at the end of the lesson. You will know this by watching before you ride. It is your responsibility to be an advocate for yourself and for your horse. If something is too difficult or is making you or your horse behave badly then stop!! You have paid for the time and expertise of a particular teacher. If it isn't working then stop before a bigger problem occurs.

So, are you ready to ride in a clinic? I think if you are considering the experience you should talk with your own teacher, have some specific things to work on in your head, observe other students and then get in there. Clinics can be fabulous experiences and getting to learn from an outside professional is a special experience. If you are not sure audit several clinics before riding in one. There is no audit fee for Central Plains Dressage members at any of our clinics.