



Central Plains Dressage Society Newsletter August 2020

Fun Friendly Forward

President's Message/August

I was reminded recently of an adage that we used when teaching mountaineering. Keep reading this relates to riding!

Know what you know, Know what you don't know! Sounds simple. In the mountains it was an essential lesson. For example, when teaching knots used in climbing a student was asked if the knot was correct. If the student answered "I think so" it opened a teachable moment. Who wants to hang on a rope with a knot that might be safe and secure? It was a skill that had to be absolute. If a student did not know more practice was required.

It is the same in learning movements in dressage. When doing a shoulder-in for example are you absolutely sure you know what the movement is and what it's purpose is? If you know it, great. If you are not sure then it is time to get an explanation, look at the requirements which can be found on a dressage test and practice until you know you know it. Then you can move on to another skill.

I am talking about this because as I have advanced in riding I find holes in fundamental movements that I "thought" I knew but clearly I did not really know them. Now I am practicing fundamentals in order to move on to more complicated movements. The path in dressage is not a clear cut, nor is it potentially life threatening if a skill is not mastered. However, achieving competence supports the training and allows the horse and rider to advance and to understand how one skill leads to another. Training is often frustrating but it is where the action is in dressage. I am finding that as I improve my skill and knowledge base some things are easier. Until tomorrow!!! Dressage is not straight forward. To me it is like a slinky. I go round and round and some things take longer when the slinky is stretched. When I meet a roadblock I back up and go around until I find a

place of success. Many times this is to the very beginning. For example, walk- halt- walk. The times going backwards are fewer and less often but I still go there. Making fundamental mistakes is what is frustrating. For me it requires professional eyes to help me know what I know and what I don't know.

I encourage everyone to be honest in their assessment of their skill level. Seek professional help. Support the professionals in our state.

Chris Cashel

President, CPDS

Recognized Show Schedule

August 22-23 (rescheduled from May 30 & 31)

Judge: Debbie Riehl-Rodriguez "S"

TD: Bob Cooper

September 5

Judge: Lilo Fore "S"

TD: Bob Cooper

Closing Date: August 29

October 31

Judge Donna Richardson "S"

TD: Bob Cooper

Closing Date: October 23

Schooling Show Schedule

September 12 (concurrent with Lite WD show)

--Marie Maloney

September 19-(replaces the cancelled State Fair Show)

--Robin Hessel

October 24 (schooling show championships)

-- Marie Maloney

Another schooling show has been added to the schedule at Valley View Equestrian Center on September 19. It replaces the State Fair show which had to be cancelled. The judge will be Robin Hessel-USDF "L"

We are excited to announce our new Central Plains Dressage shirts! You can now select multiple styles and colors. Thank you to Stephanie Peck for your beautiful and creative design. We appreciate your hard work!

<https://www.bonfire.com/central-plaints-dressage-merchandise/>



2020 has been a tough year for CPDS (and most other organizations). There are several activities and ideas planned for fund raising. Also, you can donate directly if you would like. Contact Stacia or any board member if you are feeling generous. Remember, CPDS is a Non-Profit organization and your donations could be tax deductible.

Lessons---

To differentiate between the lessons which are part of a regular series from the same trainer/instructor, and lessons on the occasional drive in or clinic---

If the rider is in an ongoing lesson program, over time, a pattern of training will usually emerge, so that the rider will be both learning specific techniques AND training theory and concepts.

Whereas, in a "one and done" drive in and

leave lesson, or at a clinic, the lesson will usually be more aimed at technique.

Broader training concepts usually reveal themselves over time, which is a good reason to ride in a regular program if the goal is to learn how to train, as opposed to learn how to ride.

There is an enormous difference between the two.

Clinics and single lessons are certainly better than no help at all, but should not be seen as a substitute to being in a program. Rather, think of them as add-ons, ways to amplify regular sessions with ideas of perhaps different approaches to specific situations.

I know of riders who "bounce" from clinic to clinic, teacher to teacher, and, again, while that is one way to glean riding knowledge, I think that a regular program with a reliable teacher is usually better.

(Not saying don't go to clinics----)

Denny Emerson-Tamarack Hill Farm

A Riding Roller Coaster A Little "Disjointed Philosophy"

(submitted by Lee Ann Alf)

I am not sure if anyone else feels this way but my riding goes up and down regularly. I used to get really depressed after "bad or disappointing" rides but over the years, I've learned to be more forgiving to myself. I look back to six months ago or a year ago. If I look back further than yesterday, I have always seen improvement. I have found that my progress goes up and down in the short term but has always slowly gone up over the long term. I've also found that any time I've added something new or more difficult, it has usually messed up the whole program. Sometimes I persevere but sometimes I back off a little and come back to it. Never avoid it or you'll never improve and advance but don't tell yourself "I (or my horse) can't do this". Also be fair and realistic with yours and your horse's ability. I'm never going to be an Olympic rider and my horse is not International quality. Very few are. I love Dressage but I love my horses and riding first.



Guess Your Score!

Guess your score. Ride your test. Win big!

Need some extra motivation to ride your best? Does your friend or family member need extra motivation to watch? For \$5, you can guess your score before you ride your test. The person who guesses closest to their actual score wins the pot!



Sign up and pay for Guess Your Score when you check in at the show. Guess Your Score is optional. A Portion of the proceeds go to CPDS Awards Fund.

Message From The CEO of USEF, August 6, 2020

CEO Update: Keeping Equestrian Competitions Viable During This Global Pandemic

Dear Members,

Over the past several days, US Equestrian and the United States Hunter Jumper Association have made the difficult decision to cancel several national championships, and at the same time Kentucky Horse Shows LLC canceled two weeks of hunter/jumper competition at the Kentucky Horse Park due to multiple reports of positive COVID-19 cases.

As we look ahead in what continues to be a challenging and unpredictable year, we remain fully committed to keeping equestrian competitions viable during this pandemic. While to date we have seen more than 390 competitions run successfully across the country, we must take a moment to reiterate and emphasize to our membership the role each of us plays in minimizing the risk of potential exposure to the virus. Non-compliance with the USEF COVID-19 Action Plan for Competitions can affect our ability to keep competitions going.

Regardless of your role, it is your personal duty to comply with protocols to keep the sport alive. Non-compliance negatively impacts those around you, whether they be competitors, colleagues, clients, or staff.

It is critical to acknowledge that some level of risk will exist in our competition environments as long as the pandemic continues. In order to minimize the risk of transmission, it is imperative that all individuals comply with the following:

- Wear a face mask or cloth face covering at all times
- Practice social distancing
- Frequently wash hands or use hand sanitizer
- If you have been in close contact with someone who has tested positive for COVID-19 in the past fourteen (14) days, you cannot enter any competition grounds. The CDC definition of close contact can be found [here](#).

Science supports the effectiveness of these practices when they are applied strictly and consistently. One individual's disregard for these important requirements can drastically undermine the dedicated efforts of others. Whether you are at a competition or in another public setting, you need to continue practicing the protocols, as the threat of exposure exists everywhere.

The reporting process for positive cases is critical to containment and essential to the ultimate success of our Action Plan. If reporting does not occur, our Action Plan is unsustainable and the risk of transmission significantly increases for those at competition venues. As a community, we need to encourage and support the bravery of individuals who come forward to report positive cases rather than vilify them.

We commend the exhibitors, participants, organizers, competition managers, officials and staff who have remained vigilant as we continue our efforts to move equestrian sport forward.

The pandemic has stirred strong emotions in us all. There is a critical need for our community to shoulder the responsibility and commitment of keeping each other as safe as possible while enjoying the sport we love. Our behaviors today will dictate what we can do tomorrow.

Sincerely,

Bill Moroney
Chief Executive Officer