



March 2009  
Volume 21, Issue 3

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Virginia Dressage Association, Inc.  
Charlottesville Chapter

# EXTENSIONS

## President's Message

Hi Everyone,

*What a difference a couple of weeks can make! A few weeks ago in mid February it was 60 degrees and sunny, though windy. Now on the 1<sup>st</sup> of March we are getting lots of snow! Let's hope spring is on its way.*

*During the nasty cold weather we had in early February I got to stay indoors and catch up on my reading a bit. One of the books I read is Malcolm Gladwell's Outliers: the Story of Success.*

*This is a book about success and examines the commonalities of people who are very successful in their field of endeavor. In a study of musicians, sportsmen and computer programmers, they analyzed the factors that all of these top performers had in common. The people who were considered world class, as in the best of the very best, had one thing in common - practice. To be considered a 'good' player or musician took 5,000 hours of practice, but to be world class took 10,000 hours of practice, spread out over many years.*

*Far more than talent or ability (which all these people had) the factor which really separated the merely good from the best was the amount of time spent practicing their particular activity. No-one was so talented or so able that they got to the top without the requisite hours of practice.*

*To put that into riding perspective, to get 10,000 hours of practice in a 10 year span of time, would take 3 hours a day 6 days a week. So if you rode (correctly) for 3 hours a day, 6 days a week, you could get to be a top class rider after 10 years!! It would take 1 ½*

*hours of practice 6 days a week just to a good rider (after 10 years).*

*Now that's a lot of practice. And the message it holds for me is that you have to put in your time. No-one will get to be a top class rider without the butt hours! So even though it's cold or wet or you are tired, you need to get out there and practice! It's a good thing spring is supposed to be on its way; we need the nicer and warmer weather so we can get out and practice.*

*Don't forget that March 21/22<sup>nd</sup> is the Chapter Grant Clinic with Jeannie MacDonald. Auditing is free for members and non-members alike. This is a good opportunity for everyone to benefit from the teachings of this world-class FEI and USDF judge. If you have a friend who might be interested in joining VADA-CH, please bring them along so that they can experience some of the benefits of becoming a member.*

*Due to a number of conflicts of interest, we have rescheduled the Fix-a-Test with Nicky Vogel as we were not able to generate sufficient interest from our members on the scheduled March 28<sup>th</sup> date. Please see the write up in this newsletter for additional information..*

*Hope you all have a great time practicing your riding and getting ready for the upcoming competition season.*

Yours truly,

Melyni



## Upcoming Events

**March 10th**  
 7pm, Topeka's Steakhouse  
 Rt. 250 Pantops,  
 VADA-CH Monthly Meeting  
 All members are welcome!

**March 14**  
 Campbell Springs Farm  
 Chesterfield, VA  
 CT/ Dressage Schooling Show  
 See [www.cvacta.org](http://www.cvacta.org) for info.

**March 22**  
 Far-A-Field Farm  
 Quinque, VA  
 Dressage Schooling Show  
 See [www.pieruccidressage.com](http://www.pieruccidressage.com).

**March 22**  
 Edge Hill Stables  
 Aylett, VA  
 VADA-CC Schooling Show  
 See [www.vadacc.org](http://www.vadacc.org) for info.

**March 21-22**  
 Grayson Farm  
 Scottsville, VA  
 Clinic with Jeanne McDonald  
 Clinic filled. Auditors welcome!  
 Contact Kim Schmidt on  
[kkjschmidt@aol.com](mailto:kkjschmidt@aol.com)

**March 28 - CANCELLED**  
 Toad Hollow Farm  
 White Hall, VA  
 Clinic/ Fix-a-Test with Nicky Vogel  
 Rescheduled to April 26. Contact  
[gardy@gardybloemers.com](mailto:gardy@gardybloemers.com).

**March 29**  
 VA Horse Center  
 Lexington, VA  
 VHT Starter Horse Trial & CT and  
 Dressage  
 See [www.vahorsetrials.com](http://www.vahorsetrials.com) for  
 info.

## February Meeting Minutes

*Submitted by Mary Lou Goings*

The February Board Meeting was held at the new Topeka Steak House on Route 250, beginning at 7:00 p.m. Those in attendance were Melyni Worth, Sherri Booye, Calla Bell, Carter Bass, Nancy Lowey, Jan Templeton, Lauren Forestell, Gardy Bloemers, Katherine Kern, Tina Longaker, and Mary Lou Goings.

Once Melyni called the meeting to order, Sherri Booye gave her treasury and membership report to the board. The VADA-CH chapter has \$6,679 in our account, and owes \$1,200 for unused scholarships. \$253.15 is owed to our chapter by VADA. As of this date we have 81 chapter members.

Our newsletter editor, Gardy Bloemers gave the board an update regarding the progress of our new "on-line" newsletter. Although many members have converted to the new newsletter resulting in a financial savings, the print cost remains high due to the set up fee. Melyni suggested we re-evaluate our procedure in three months. All were in agreement.

Kim Schmidt gave a report in reference to the upcoming Jeanne McDonald clinic which is scheduled for March 21<sup>st</sup> & 22<sup>nd</sup>. Saturday's schedule is full at this time. Kim stated she does not plan to close the clinic to prospective riders until March. She also stated she will allow fee reimbursement for legitimate scratches. Gardy reported there are only two scheduled rides as of this date for the March 28<sup>th</sup> "Fix a Test" with Nicky Vogel.

Melyni brought to the attention of the board the need to reschedule the proposed schooling show dates due to competition conflicts. The following dates were approved after thorough research: June 14<sup>th</sup> and October 17<sup>th</sup>.

Sherri Booye informed the board that the new arena tool has been purchased and is in Catherine Sutton's possession.

Tina reported that the license application has been submitted for our 2010 recognized show. Nancy and Carter proposed we begin organizing a show committee soon. This has been put on the agenda for the March chapter meeting.

A brief discussion was held regarding the Adult Team Competition scheduled for August 1<sup>st</sup> and 2<sup>nd</sup>. If anyone is planning to attend, their intent must be submitted to the board in order to facilitate the \$100.00 grant from VADA. In addition, a team coordinator is needed if chapter members are planning to participate. Melyni volunteered to once again order the pink t-shirts which were so well liked by all, if VADA is willing to pay the cost. Tina informed us that any "winners" of the Adult or Youth Team Competitions, may use their points toward schooling show awards.

The "Evening With" Rider Fitness Seminar scheduled for February 23<sup>rd</sup> currently has five members planning to attend as reported by Gardy.

Tina gave us an update regarding the Anne Gribbons Clinic scheduled for April 4<sup>th</sup> & 5<sup>th</sup> at Morven Park. This VADA sponsored clinic will offer VADA hours to anyone assisting with the clinic as well as USDF University credit for an additional \$5.00 fee. A boxed lunch will be available.

Melyni and Kim introduced the idea of a chapter member e-mail list being made available to all members. Those who do not wish to participate may choose to opt out. A vote was taken with all in agreement.

The DVD "If Horses Could Speak" has been purchased by our chapter and will be added to the chapter library as reported by Melyni. Katherine Kern continues to attempt to locate our chapter's video collection which is in a previous member's possession.

Lauren Forestell has volunteered to be our VADA representative. Nancy Lowey is in the process of finding a stable manager for our upcoming Adult Team Competition.

Melyni informed us of a new legislative bill which has been proposed regarding horse sales over \$10,000.

With no further business to discuss at this time, the meeting was adjourned.

## Why Visualize Your Dressage Test?

By Wendy Murdoch

### Mirror Mirror on the Wall.....

Have you ever been told to visualize your dressage test but only did it half-heartedly or not at all? Do you avoid having someone video your rides or find you can't watch yourself TV? Do you hire the video company at the show to film your test, but never watch the tape? Maybe now is the time to get used to the idea of watching yourself on the screen and spending a few minutes each day visualizing your dressage test before you enter the show ring.

I have told my students for years to visualize a movement or skill before performing it. Then afterward, if we had better execution of the skill, I have them stop and visualize the movement again using the new information. Now, after attending a very interesting workshop on pain called "Explain Pain" with David Butler in October, I have the science that supports this idea!

Some people think that visualizing is woo-woo stuff to be avoided because it was associated with all those 'visualize world peace' people. However recent scientific developments in the understanding of the brain now validate the idea of visualizing what you want to improve performance.

### Mirror Neurons

In the 1980's and 90's several Italian scientists discovered what is now called "mirror neurons" in the brains of macaque monkeys. While they haven't been conclusively found in humans, there is evidence that we also have mirror neurons in the ventral pre-motor cortex of our brain. These mirror neurons appear to be responsible for learning by imitation and empathy.

"Mirror neurons are a type of brain cell that respond equally when we perform an action and when we witness someone else perform the same action. These neurons could explain how and why we "read" other people's minds and feel empathy for them. If watching an action and performing that action can activate the same parts of the brain in monkeys - down to a single neuron- then it makes sense that watching an action and performing an action could also elicit the same feelings in people."<sup>1</sup>

### See Yourself and Visualize an Improved Performance

Since these neurons fire both when we see someone else perform an action and when we do that action we can utilize video recordings and visualization to improve our dressage test performance. To make this work you have to get over the issues of being too self-critical. Empathizing with your defeatist self will only reinforce the feelings of inadequacy or inability and may cause you to recreate the problems. Instead you want to learn to see what you are doing well and learn to visualize yourself riding an improved performance on the things you want to improve. How can you do this?

### Trick Your Mind

There are several ways you can use the video to trick your mind and not connect with the emotions you had during the lesson or test you taped.

#### 1) Watch the tape without sound. If you can't hear what is being said you

<sup>1</sup> The Mind's Mirror. A new type of neuron-called a mirror neuron - could help explain how we learn through mimicry and why we empathize with others. By Lea Winerman, Monitor staff (internet, print versions pg 48.)

have to observe what is going on rather than anticipate the problem. Screen the recording for only the good elements of the ride or test. Review these several times focusing on the detail and the good feelings you had when you were successful.

2) Play the tape backwards. Your brain will not have the level of anticipation if you watch your ride backwards vs. forwards. You will have more opportunity to see what makes the movement good or bad by watching the outcome and then looking for what happened prior to that moment.

3) Play the tape in slow motion or frame-by-frame. This gives you the opportunity to see what you are doing and how it affects your horse. You can 'catch' the moment that makes it successful or not.

4) Focus on your breathing while you watch the tape. See if you can control your heart rate and breathing so that you don't feel anxious while you watch yourself ride.

5) Look at the film with someone else. Having your trainer or riding friend watch the tape with you will help you see the good things in the ride, not just the negative aspects. Listen to what your trainer is saying, they will have a different perspective than you do and generally much kinder and more positive.

6) Repeat the process until you lose the anxiety of watching yourself. Sometimes you just need to do something often enough that you no longer feel your heart rate go up when you do it. Therefore some people just need to sit down and watch themselves until they are no longer picking things apart but can become positive and constructive about the process.

7) Watch video of riders whom we admire and who perform the movements better than you. Watch their performances in slow motion, forward and backward. Now close your eyes and visualize yourself and your horse performing the movements as

well as they do. Make sure you pick someone who is within your reach. If you pick an Olympic level rider and you are doing training level your brain will know this is too big a leap and not take you seriously.

**8) Talk over the dressage test with your horse.** No, I do not expect your horse to understand what you are saying. However, adding another layer to the visualization helps clarify what is happening so that there is more detail in the picture. When you tell your horse you are clarifying to yourself what is going to happen.

**9) Write, draw or paint impressions of what you want and the details necessary to make it so.** The more detail you add to the image pictured in your mind the closer you come to doing what you see. Pick out one or two small details and enlarge them in your mind.

**10) While it is important to visualize yourself riding the test the way you want it to go I also suggest you add in contingencies so that if something isn't perfect you don't fall apart.** Plan how you will correct an error, regain control if your horse gets strong or recover if you miss a transition.

**11) Keep your expectations reasonable.** Don't expect to "win" the class. Simply look to better your performance each time you compete. Progress is something measured over time. Keep a diary and look back one year whenever you get stuck to see how much progress you have really made. Include photos in your diary so you can visually see how much you have improved.

**12) Replace your fear with curiosity.** While I know of no evidence regarding mirror neurons as they relate to the emotion of fear I am convinced that you can use the same approach to overcoming show nerves. See yourself confident and successful. Find something in your performance that is good. Focus on the details and get curious about your actions, the test, or your horse. It is my experience that fear and curiosity cannot exist

simultaneously. Just watch a young foal faced with a new situation. It goes from fear to curiosity to fear in seconds but never both at the same time. Therefore if you can become curious about that is happening rather than fearful you will remain positive and able to think, rather than negative and reactive.

**See What You Want**  
Use these different strategies to 'see' the performance you want. If your actual performance doesn't quite live up to your expectations don't give up. Look at what you like and 'memorize' those pieces. For the 'problem areas' find someone you can watch who is proficient in that movement. Look for small details so that you can better understand what is needed to succeed. Watch someone ride and then visualize yourself in her place. Remember curiosity keeps you on the positive side and opens the doors to learning.  
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## Fix-a-Test with Nicky Vogel Rescheduled to Sunday, April 26th

We have rescheduled the 4<sup>th</sup> Level and Below Fix-a-Test with Nicky Vogel, a USEF "R" Judge to Sunday the 26<sup>th</sup> of April at Toad Hollow Farm in White Hall. Nicky is a USDF Certified 4<sup>th</sup> Level Instructor and also holds her BHSI (British Horse Society Certification).

This is a great opportunity for our members to have a well known judge and instructor improve your test for just \$35 for a 30 minute session. This is a great opportunity to make sure you are fully prepared to be as successful as possible at the shows with assistance from a USDF licensed judge.

Nicky will have you ride your test and judge you doing so. She will then work with you to improve the test before she gets you to ride it a second time after which she will give you another round of feedback. This is a great chance to perfect your test and you may want to consider working with Nicky on more than one test.

Get it from the Judges mouth. Contact [gardy@gardybloemers.com](mailto:gardy@gardybloemers.com) or on 434 981 1017 to book your ride.

**About Nicky Vogel**  
*Nicky Vogel is based in King George, VA but grew up in England where she "started in Pony Club, and worked up through the ranks," later taking the British Horse Society exams. Nicky went to the US to work on her BHS top-level exam for three months and stayed (That was 20 years ago!) She enrolled in the USDF "L" program, then obtained her USEF "r" and subsequently earned her "R" She has taken USDF instructor workshops with Debbie Bowman, Lendon Gray, and Lilo Fore. In addition to teaching numerous local adult amateurs and juniors, Nicky finds herself doing more and more clinics each year.*

**Awaken the Relationship between You and Your Horse**

**March 27-29, 2009**

**Hall's Choice Farm**  
New Market, MD

**Bruno Greber and Wendy Murdoch** join forces again in a clinic which combines the teaching talents of both with technology to provide visual and kinesthetic feedback for the riders. The total learning process is enhanced by combining a variety of learning modalities. *Riders must submit a recent video prior to clinic.*

March 27 <sup>th</sup>	7-9PM
March 28 & 29	8.30-5PM
March 28	6-8PM

**Limited to 8 riders**  
Cost: \$750/ rider

*Includes clinic with 2 sessions each with Wendy and 2 each with Bruno, groom's audit fees, both evening "classroom" discussions and dinner Sat. evening.*

**Auditors Welcome! \$25.00 (1 day) or \$40.00 (2 days)**

**Contact Betsy at Hall's Choice**  
[hallschoice@verizon.net](mailto:hallschoice@verizon.net)  
or call 301-865-0643

## **2009 SCHOOLING SHOWS**

**Saturday, May 1, 2009**

Toad Hollow Farm, Crozet, VA

Dressage Schooling Show

Judge: TBD

Closing Date: April 24<sup>th</sup>

Contact: Renee Shifflett – [toadhollow01@aol.com](mailto:toadhollow01@aol.com)

**Sunday, June 14<sup>th</sup>, 2009**

Cedar Creek Farm, Staunton, VA

Dressage Schooling Show

Judge: Bettina Longaker, “L” Graduate

Closing Date: June 6<sup>th</sup>

Contact: Melyni Worth – [Melyni@ntelos.net](mailto:Melyni@ntelos.net)

**Saturday, October 17<sup>th</sup>, 2009**

Grayson Farm, Scottsville, VA

Dressage, CT & Jumper Schooling Show

CT Jumping Schooling Rounds

Judge: TBD

Closing Date: October 10<sup>th</sup>

Contact: Molly Armentrout – [mollyarmentrout@yahoo.com](mailto:mollyarmentrout@yahoo.com)

 Go to [www.vadach.org](http://www.vadach.org) for complete details including  
prize list and entry form



# - Classifieds -

**Horse For Sale - Redford** - 11 yr. old Percheron/ TB gelding. 16h. Flashy, dapple-grey, big mover. Never seen him pin his ears - really. Shown to Training level 4 at the Rose Mount licensed show on September 13.

Does First level movements easily. Asking \$9,000 to loving home. Deborah Howard, 453 Amphill Road, Cartersville, VA 23027 (804) 375-3519, [debbiehoward08@aol.com](mailto:debbiehoward08@aol.com)

**Dressage Prospects For Sale - Payana von Rosenof**, registered Knabstrupper filly, DoB April 2005, Bay based leopard spotted. 15.2 h. Solid build. Nice mover, easy gaits to sit. Very sane and sensible, has shown in 2008 at schooling shows training level, scores in the 60's. Just started over jumps. Excellent on trails, good manners. Easy to work around. Super PC or amateur horse. See her on [www.knabstrupper4usa.com](http://www.knabstrupper4usa.com), Sale page, and click on Payana. Email [melyni@ntelos.net](mailto:melyni@ntelos.net).

**CCS Chakotay**, Grey gelding, DoB July 2006, mature to 16h+ (currently 15.3), big, scopey gaits, easy going temperament, easy to handle and work around, just beginning his education U/S. Great prospect for a future competition horse. Sire: African Dreams, Holsteiner Dam: Annie, grade mare. Offers to [Melyni@ntelos.net](mailto:Melyni@ntelos.net).

**Impulsion's Pride**, Dk grey mare, 15.2hh, DoB April 2004, sire TB. Nice mover, very sane and sensible, great on trails and easy to work around. Well started under saddle, jumps nicely. Done a few dressage tests at schooling shows with scores in the 60's. Great PC or amateur horse. Contact April Reedy at [ethlucy\\_ar@yahoo.com](mailto:ethlucy_ar@yahoo.com).

**Staff Wanted** – Part-time rider in exchange for lessons from experienced USDF Bronze and Silver Medalist. Please call Patience Wadley on (434) 293-9702 between 7am and 9pm to discuss this opportunity.

**Saddle for Sale - Theo Sommer**, 18" extra wide dressage saddle in very good condition. This is a really wide saddle – suitable for a draft horse or a horse with

no withers! For sale as it is too wide for any of my horses. Offers welcome to [Melyni@ntelos.net](mailto:Melyni@ntelos.net).

**Hay for Sale** - 40-50 square bales of 2nd & 3rd cutting orchard grass & blue grass hay \$6.50, or 2nd cutting orchard grass. \$6. No waste -- your horses will love it! Pick up only. No delivery. Between Gordonsville & Orange. Call Lauren 540-672-7177.

**Trailers for Sale – LIQUIDATION SALE & AUCTION** of 28 Kiefer Built Trailers at Blue Ridge Trailers. Please contact Donna Martin on 434.985.4151 or go to [www.blueridgetrailer.com](http://www.blueridgetrailer.com) for additional information.

### ADVERTISING RATES

<b>Full Page</b>	\$15/ issue \$150/ year
<b>½ Page</b>	\$10/ issue \$100/ year
<b>¼ Page</b>	\$7.50/ issue \$75/ year
<b>Business Card</b>	\$5/ issue \$50/ year
<b>Classified</b>	\$5/ issue \$50/ year

VADA-CH Members can run classifieds and business card ads free of charge. These will run for 2 months and then must be renewed.

All ads must be in .jpg format. Send to [gardy@gardybloemers.com](mailto:gardy@gardybloemers.com) by the 25<sup>th</sup> of each month. Please make checks payable to VADA-CH and send to Sherri Booye, 721 Lake Rd, Troy, VA 22974.

**Ads will not be run until payment is received.**

## Charlottesville Equine Massage

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Cell: (434) 962 5008  
Email: [hafpas@aol.com](mailto:hafpas@aol.com)

# 2009 Year End Award Standings

Please find the award standings as of the 24<sup>th</sup> of February below. Please submit your scores to Amy Gadsden, P.O. Box 111, Rochelle, VA 22738. If you have any questions please call Amy on 434 974-2268. GOOD LUCK IN 2009!

Please consult the Chapter Award Rules for 2009 on the following pages.

<b>Schooling Division</b>					
<i>Level</i>	<i>Rider</i>	<i>Horse</i>	<i>Avg Score</i>	<i>Vol Rqmt?</i>	<i>All Scores?</i>
Introductory					
Training					
First	Calla Bell	Esculira	67.63%	No	No
	Elizabeth Gaithright	Maki	62.83%	No	No
Second	Calla Bell	Esculira	65.26%	No	No
	Catherine Sutton	Prima Gracie	59.74%	No	No
Third	Barbara Goshorn	Belvedere	63.95%	No	No
	Hannah James Darnell	Rhumba	63.59%	No	No

  

<b>Recognized Division</b>					
<i>Level</i>	<i>Rider</i>	<i>Horse</i>	<i>Avg Score</i>	<i>Vol Rqmt?</i>	<i>All Scores?</i>
Training					
First					
Second					
Third					
Fourth					
Prix St Georges					
Intermediaire 1					
Intermediaire 2					
Grand Prix					
Freestyle, FEI					

# Rules for 2009 Annual Chapter Awards

The following system shall be used by the Board to determine award recipients. *Please note that the Board will require 4 hours of volunteer work in order to qualify for the 2009 Chapter Awards.*

### A. Levels

The applicable levels are listed below in the description for Schooling and Licensed Divisions. Riders may submit scores for more than one level and/or division, but they must fulfill all requirements for each level entered. If the rider submits for two levels with the same horse, the levels must be successive. There will not be separate brackets for juniors and seniors.

### B. Award Period

The award period runs from December 1 to the following November 30.

### C. Submission of Scores

All scores must be received no later than December 15 of the current year. Scores must be submitted to the Chapter Awards Coordinator within 45 days of the date of the show in which the score was earned (if mailed, postmarked within 45 days). A different reporting scheme may be used for a particular awards year if it is agreed to in advance by the Board and publicized early in the competition year in the newsletter.

For the submission of scores, the applicant must use the score submission form provided in the newsletter and on the web site, or provide equivalent information (such as a copy of the test cover sheet). No score below 50% will be accepted. The Chapter reserves the right to ask for copies of the actual tests at year end.

### D. Volunteer Requirement

In order to be eligible for year-end awards, the rider must fulfill the volunteer requirement for the Chapter. The annual volunteer requirement will be established by the Board at the November, December, or January meeting and published in the first newsletter published/posted after the requirements are established.

### E. Schooling Division:

1. Levels for which Awards may be Earned: Introductory through 3<sup>rd</sup> Level
2. Required Number of Scores Four scores from any dressage schooling show sponsored or sanctioned by any VADA chapter are required. The four scores must be from at least two (2) different judges. All scores must be from the same level (i.e., all from First Level), with the same rider and horse, but must include scores from at least two different tests of that level.

The highest four scores submitted (for the same rider/ horse/ level/ division) will be averaged for the final score (with the exception that a lower score will be retained as the fourth score, if that score is needed to fulfill the requirement of using scores from at least two different tests in that level). For the Introductory Level, since no awards are given in the licensed division at this level, any scores earned at the Introductory Level at a licensed show may be applied to the requisite scores needed for the schooling show Introductory level division awards. In addition, the scores from the Adult Amateur and Junior Team Championships, since they can not be used for the licensed show division, may be used for the schooling level awards program.

The Board, at its discretion, may determine that due to unusual weather events or other unusual circumstances which resulted in multiple schooling show cancellations or postponements, a

waiver of part of the requirements for an award in the schooling show program may be merited for a given awards year. Such determination shall be made by a majority vote of the Board.

### F. Licensed Division:

1. Levels for which Awards may be Earned: Training Level through Grand Prix, USDF Freestyle, FEI Freestyle
2. Required Number of Scores can be from any licensed dressage show authorized by the USEF or USDF (excluding any shows that have restrictions on competitors, such as Arabian and part Arabian, Morgan or Quarter Horse only.) All scores must be from the same level, with the same rider and horse. Scores from Championship classes will be accepted, with the scores of the multiple judges averaged and the average counting as one score.

For USDF levels (Training through Fourth), five (5) scores are required from at least three different judges, and at least one of the scores must be from either the second-to-highest or the highest test of the level. (Training 3 or 4, First 3 or 4, Second 3 or 4, Third 2 or 3, or Fourth 2 or 3.) If the rider and horse have not earned at least one of their scores at the highest or next-to-highest test of the level, they will not qualify for a year end award.

For FEI levels, FEI freestyles, and USDF freestyles, three (3) scores from at least two different judges are required

### 3. How Score are Tabulated

For USDF levels (Training through Fourth Level), the highest five scores submitted (for the same rider/ horse/ division) will be averaged for the final score. If the top five scores for a rider at one level do not include the next-to-highest or highest test of that level (see paragraph f.2 above), then the lowest of the five top scores will be dropped and replaced by the highest score from among the highest



or next-to-highest tests submitted at that level.

For USDF freestyles, FEI levels and FEI freestyles, the highest three (3) scores submitted (for the same rider/ horse/ division) will be averaged for the final score.

For all licensed levels, in order to meet the multiple judge requirement, the lowest of the 5 scores (USDF) or 3 scores (FEI) will be dropped to include the highest score from a different judge.

## Member of the Month – Jennifer Sheltra

*When did you become a member of VADA Charlottesville?*

**Jenn:** I have been a member of VADA off and on through my riding years. I really became part of VADA-CH in 2000 when I started getting more into dressage.

*When did you move to the area and why? From what location did you move?*

**Jenn:** I actually was born and raised in Albemarle County. My family all lives here in the area. In 1993 I moved away to the Tidewater area to go to college, and subsequently got my degree in Art History. At this time, I met my husband who was in the Air Force in Norfolk. We lived in the Virginia Beach area until the birth of my son in 1999, but moved back to Charlottesville to be closer to my family and that is when I started riding full time.

*When did you start riding? What made you interested in dressage?*

**Jenn:** Gosh, let me think.... I remember. My great-uncle had two ponies-Sunshine and Silver. I loved

sitting on them and pretending I was galloping off in some beautiful field. My mother worked at UVA and a co-worker told her of a family who had just come into the country and were looking for riding students. So at 9 years old I took my first riding lesson with Sue Blikslager at Wolftrap Farm. I was awful. I fell off. I burst into tears. I think I drove Sue completely nuts. But I never gave up.

I got my first horse "Grey Fox" when I was 12. He was a grey TB who had been a school horse at Sweet Briar College. He was very kind and he taught me a great deal of humility. He was a wonderful first horse and stayed at Wolftrap for many years and taught many people. As a teenager, I got into 3-day eventing. I loved to jump. I bought a TB from Hugh Wiley named "Devonshire." He was the best jumper I have ever ridden. I evented him up to Preliminary and due to a recurring injury I retired Devonshire at the age of 18. He now lives at my mom's farm in Greene County where he has two girlfriends and is fat and happy.

After college and the birth of my son I focused more on dressage. Once I got the taste of a big, floaty trot I was done for. I mean the power and the feeling you get when you come across the diagonal in extended trot-WOW!! My license plate is LV2XTND (e.g. love to extend).

So I bought a Holsteiner Merano mare with an amazing trot named "Miss Meadow." She was to be the "one". She was my warm blood who was going to take me all the way. So you can probably guess- it did not happen. She suffered a collateral ligament tear that would not heal. So now she is one of Devonshire's girlfriends.

After being heartbroken with Miss Meadow I finally bought a lovely Friesian/TB cross know as "Oz." He is 4 and I have great expectations for him. I am also currently riding my

friend Ellen Fuller's horse Oscar. He is so much fun and I cannot thank her enough for letting me ride him. Oscar came from a bad background where he was completely misunderstood. He was skin and bones when he came to Wolftrap and trusted no one. Now I am happy to say he is a dressage machine with talent no one knew about. I can't wait to see where we go next year!

*What do you do for a living? If this involves horses now, did it always involve them? If not, what did you do in your previous life, and how did the switch evolve?*

**Jenn:** My family owns and runs a furniture business, Sprouse's Furniture, in North Garden, of which I am a manager. I also work at Wolftrap Farm doing daily barn chores. I ride as often as I can and working at the farm keeps me with the horses. It also gives me an excuse to always be at the barn so the husband doesn't catch on!

*What do you consider your greatest achievement in the sport during the last year?*

**Jenn:** I would have to say finding or should I say they found me, the two best horses. Oz is my young TB Friesian gelding who I am currently training. We are learning together. Oscar is a 17 hand puppy dog. He loves working and figuring out what I am asking him to do in the arena. He and I have become very close in a very short time. Oscar and Oz have both taught me patience, humility and love for dressage and I think we three will be a strong team. After my heartbreak with my Holsteiner mare, I thought I had no chance of ever getting a horse to fill the void. Now I have two horses which I adore.

*What are your ambitions in the sport?*

**Jenn:** I would love to get to Grand Prix one day! It is a long way off but I think my guys can do it. I would like to be able to expand my riding to be able to train a wider range of horses. Who knows... maybe one day I will have my own riding barn and teach lessons. Basically I want to keep riding for as long as I am able.

*What do you want to get out of VADA-CH? What can you contribute to VADA-CH?*

**Jenn:** I would love to get a sense of family out of VADA-CH. I would love to have a place where people could ask questions about the sport and actually get answers. I know for me when I got back into the dressage world everything had changed. The rules, the tests, etc. were different and I knew nothing. I really needed someone to help. Basically I needed someone to take me by the hand and say "OK you need to join this and do this." I mean real help! I would like to feel you could turn to anybody in the group and ask a question and receive help. We are there because we love to ride so I figure, why not help out.

The one thing that I enjoy a great deal is scribing. I do it every chance I can. I enjoy sitting with the judges and getting a feel for what they are seeing and what they are looking for in each ride. I find it super helpful when I ride in the ring. So if a show needs a scribe give me a call!

**Come and audit the**

**VADA-Charlottesville Chapter Grant Clinic with**

**JEANNE McDONALD**

**MARCH 21 & 22, 2009 (Sat, Sun)**

**Location: GRAYSON FARM, Scottsville, VA**  
**Organizer: KIM SCHMIDT, 434-286-7226,**  
[kkjschmidt@aol.com](mailto:kkjschmidt@aol.com)

**The clinic has now been filled but we'd like to encourage our members to come and watch Jeanne McDonald teach the clinic. Auditing is free to members and non-members alike.**

**Please contact Kim Schmidt to confirm your attendance as an auditor.**

**Jeanne McDonald is a FEI "I" Dressage Judge, an USEF "S" Dressage Judge, an "r" Dressage Sport Horse Breed Judge and was recently certified a FEI "YH" Judge. She officiates at more than 30 shows each year in the United States, Canada (judging their first Eventing Young Horse Championships in Ottawa in 2005), Mexico and the Islands. In 2007 & 2008 Jeanne judged the National Young Horse Championships in Kentucky and will again in 2009, at Lamplight. The FEI has appointed her to judge the European Junior & Young Riders Dressage Championships in Ermelo, Holland this summer.**

**2009 Board**

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**VADA-Charlottesville  
Chapter**

**Fix-a-Test with USDF "R"  
Judge and USDF Certified  
Instructor through 4<sup>th</sup> Level**

**NICKY VOGEL**

is rescheduled to

**Sunday, APRIL 26, 2008**

**Location: TOAD HOLLOW FARM,  
White Hall, VA**

**Organizer: GARDY BLOEMERS, 434-  
981-1017,  
[gardy@gardybloemers.com](mailto:gardy@gardybloemers.com)**

**Cost: \$35 per ride for a 30 minute  
fix-a-test session**

**Auditing: Free**

**Priority given to VADA-CH  
members.**

**Non VADA-CH members are able to  
participate IF we do not have  
enough VADA-CH members to fill  
the clinic.**

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## ***CALLING ALL AUDITORS***

### ***Training through the Levels – A Clinic with Anne Gribbons***

***April 4<sup>th</sup> and 5<sup>th</sup>, 2009  
Morven Park Intl Equestrian Center  
Leesburg, VA***

**Anne is a respected FEI “O” judge as well as an active and accomplished international competitor. She is a USDF Gold Medalist and Pan Am Games Silver Medalist. Anne is an excellent communicator and teacher. In this clinic, she will emphasize the correct training and development of the horse at each level and age with the goal of progressing up through the training levels.**

**NOTE:**

**Auditor applications must be received by April 1, 2009 in order to get VADA member discount. Walk-in and late registrations must pay full fees. Walk-in auditors will be accepted on a space available basis--check [www.virginiadressage.org](http://www.virginiadressage.org) after April 3, 2009 for information.**

*Please go to [www.virginiadressage.com](http://www.virginiadressage.com) to download your Auditor Form.*

# VADA Hosts 2009 USDF Region 1 Adult Team Competition

Hosted by the Virginia Dressage Association (VADA), The Region 1 United States Dressage Federation (USDF) Adult Team Competition will be held on August 1st and 2nd at Commonwealth Park, centrally located in Culpeper, Virginia. This competition is not licensed (recognized) by the United States Equestrian Federation (USEF) but will be run in accordance with USEF rules (found at [www.usef.org](http://www.usef.org)) and the Region 1 Adult Team Competition Rules.

Commonwealth Park, now operated by HITS, is spacious and user friendly and has recently been the site for the HITS Culpeper Hunter/Jumper Shows, Pony Club Rallies, and Arabian Shows. New roofing and front stall gates have been installed in the stable areas, while all arenas, both warm-up and competition, feature improved rubber/sand footing.

The competition management team includes Tina Longaker as Secretary, Nancy Lowey as Manager and Volunteer Coordinator. Dianne Boyd will be in charge of Awards and will serve as assistant in many other capacities. Gardy Bloemers is our Sponsorship Chairperson. The show features an excellent panel of enthusiastic judges. Volunteers are welcome and needed! You can fulfill your State requirements for High Score State Awards as well as the VIP Program by volunteering at this show. Please contact Nancy Lowey if you can volunteer anytime over the 2 days or in set up or take down of arenas.

Teams may represent the Region’s GMOs (Group Member Organizations of USDF), private stables, or a group of dressage friends. Solitary riders can be grouped into “scramble” teams, so anyone can enter, whether with a group or not. This year, we have added teams with mixed levels (in addition to teams all at the same level) to make entering easier. Intro level may be mixed with any team.

While USDF membership is encouraged it is not required. Teams may be made up of amateurs or professionals. Team competition starts at Introductory level and continues through the FEI levels. Tests may be read from Intro level through 4th level. There will also be open freestyle classes, including pas de deux and quadrille.

Team costs are \$400 a team for a 3 or 4 member team and \$95.00 per horse or tack stall for the week-end (Friday through Sunday) Stalls do not need to be cleaned at the end of the show. Ample hotel rooms, restaurants and shopping are nearby in Culpeper. There will be a party for competitors and friends on Saturday night as well as vendors on site.

This year there will be a stall –team theme –decorating contest and others contests to be announced.

Sponsorship opportunities abound – which is a nice way to support the team effort. Contact Gardy Bloemers at [Gardy@gardybloemers.com](mailto:Gardy@gardybloemers.com) for more information.

A summary prize list is available in the Region 1 Omnibus. The official prize list and the Adult Team rules can be found at <http://www.bglongaker.com>.

Get your teams together – one and all and please join us!

*The opening date for entries is May 15, 2008. The closing date for entries is July 8, 2008.*

Questions regarding the show should be directed to:

**Manager:** Nancy Lowey, [nlowey@rocketmail.com](mailto:nlowey@rocketmail.com) or 540-672-3454 or  
**Secretary:** Tina Longaker, [vadvirag8@gmail.com](mailto:vadvirag8@gmail.com)



# **USDF Region 1 Youth Team Competition**

**July 19<sup>th</sup> and 20<sup>th</sup>, 2009**

**Morven Park Intl Equestrian Center,  
Leesburg, VA**

**This is a great opportunity for our younger members to participate in a Team Championships – both JR and YR – and have fun!**

- Points count towards Chapter Schooling Show Awards.
- Get to ride in a show "away from home."
- Team comes FIRST - all rides count and can make a difference
- Trainers/Barns/Families that have a team, please contact the VADA-CH Board and the Chapter may be able to give some support and guidance.
- Volunteers earn both VADA-CH & VADA hours.

**Show Manager:** Alison Head - [Lookingglassfarm@mac.com](mailto:Lookingglassfarm@mac.com). Please contact her if you would like to volunteer or sponsor a class.

**Show Secretary:** Bettina Longaker - [vadvirag8@gmail.com](mailto:vadvirag8@gmail.com).

**For more information please go to <http://www.bglongaker.com/2009youth.htm>**

VADA CH Extensions  
c/o Gardy Bloemers  
6486 Hillsboro Lane  
Crozet, VA 22932



*Virginia Dressage Association – Charlottesville Chapter*

## *Monthly Meeting Location*

# **TOPEKA'S STEAKHOUSE**

*Located on Rt.250, Pantops in front of the new Martha  
Jefferson Hospital - 1791 Richmond Road*

***7 pm on Tuesday, March 10th***