



Half-halt



The Newsletter for the Southeastern Chapter of the Virginia Dressage Association
Volume Number 32 Issue Number 9 Sept. 2020

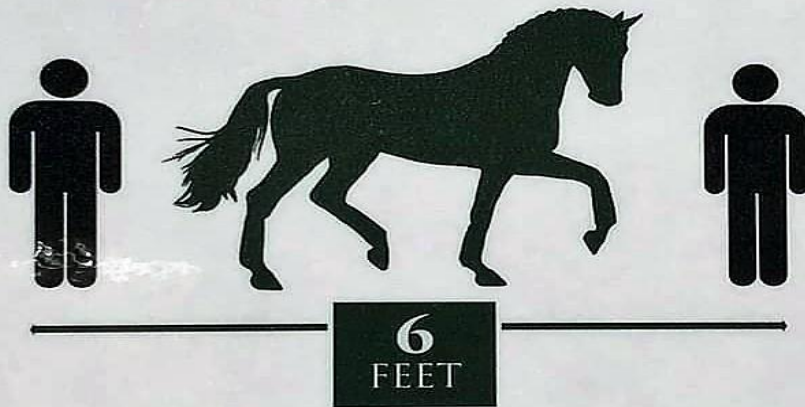
Happy Labor Day

POLICY UPDATE: Collared, sleeveless shirts are now allowed at SVDA schooling shows for traditional and Western riders.

PLEASE PRACTICE SOCIAL DISTANCING

PROTECT YOURSELF & OTHERS AGAINST INFECTIOUS DISEASES

KEEP ONE HORSE



OR TWO PONIES



DISTANCE BETWEEN YOU AND OTHERS AT ALL TIMES

THANK YOU

2020 Board of Directors

President: Cookie Parsons

Ljane77@hotmail.com

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robynnunnally@aol.com

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kathymrowse@gmail.com

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evelyneidem@yahoo.com

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carolgonyo@gmail.com

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Schooling Show: Melissa Evelyn

melissalynnevelyn@yahoo.com

Licensed Show: Toni Meranda

t.meranda@charter.net

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Chrisandcharlene@charter.net

Scholarship: Janice Mumford

janicemumford@gmail.com

Clinics: Lora Gibson

lorahowgib@gmail.com

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wendylanem@gmail.com

Newsletter: Sarah Miller

ttcorporation@aol.com

Members at Large:

Pinky Hipp (help schooling show if needed)

Pinkyhipp@gmail.com

Ray Penland (Coggins)

penlandr@cox.net

Whitney Kelso (Manual)

horsegalwhit@gmail.com

Laura Celia

VADA Rep:

Robyn Nunnally,

robynnunnally@aol.com

Sandy Toby,

omdressage@gmail.com

Beth Ripple

horsemomva@cox.net



Subject: Great American Insurance Group/USDF Region 1 Dressage Championship and Virginia Dressage Fall Competition

Virginia Dressage Association (VADA) Sponsorship Team

Nancy Doody / ndoody15@gmail.com / 540-395-4434

Nancy Lowey / nlowey@rocketmail.com / 540-672-3454

The Virginia Dressage Association (VADA) will be hosting the "Great American Insurance Group/USDF Region 1 Dressage Championships and VADA Fall competition" on 8-11 October 2020, at the Virginia Horse Center, Lexington, VA. It will be under vastly different circumstances from the previous years. It will be the ultimate goal by the competition management to provide a safe environment for competitors, judges, volunteers, and staff by complying with COVID-19 protocols. VADA has made modifications aligned with USEF/USDF, State, and Virginia Horse Center guidelines for the October 2020 show format. There will be a limited number of vendors inside/outside with proper social distancing, an online show program, no spectators, wearing masks are required, and a limited hospitality venue. To review/print the GAIG/VADA Fall Competition 2020 Sponsorship Opportunities brochure, please [Click Here](#).

In July, VADA hosted "Dressage at Lexington" with tremendous success. We had over 200 competitors thrilled to be back showing. The Virginia Horse Center did an extraordinary job ensuring a safe environment. Everyone entering the horse park was required to complete a COVID-19 waiver, daily temperature check at the front gate, and grounds cleaning. There were a total of 6 vendors present, that commented how well the show was orchestrated under the new guidelines, felt extremely safe, observed competitors taking everything in stride in the new normal and wearing masks, and sales were profitable. It is our hope those vendors who were reluctant to participate in July will reconsider attending in October. The online show program was well received and readily available to all competitors with a click on their phone. Take a look at the [DAL Show Program](#). The ads were very vibrant and advertiser's/sponsors website links embedded in the show program.

The deadline to submit the GAIG 2020 Sponsorship Agreement is 14 September. If you are interested in becoming a sponsor, please reply to your intent to Nancy Doody (ndoody15@gmail.com). Sponsorship Agreement forwarded to Nancy Lowey, 10062 Barnetts Ford Road, Orange, VA 22960, with a check payable to Virginia Dressage Association by the deadline.

To discuss sponsorship and ideas not outlined, please do not hesitate to contact the VADA Sponsorship Team. Stay safe and healthy. Hope to see you in October!

Warmest Regards

Nancy Doody and Nancy Lowey

Fall Clinic, General Membership Meeting and Discussion with Lehua Custer, L Graduate with Distinction

We are very pleased and happy to announce that our Fall Clinic will take place on Friday-Sunday, October 2-4, 2020, followed by our General Membership Meeting on Sunday, October 4, 2020 at 1 p.m.

This is a great time for our clinic as weather will be cooler and we will be preparing for Championships and fall shows.

Our Clinician and Guest Speaker for our General Membership Meeting will be Lehua Custer, L Graduate with Distinction. The topic of our meeting will be: Overcoming Fears and Obstacles in Riding! This discussion will include active participation from the audience. Please be prepared to ask questions or share experiences if you so desire.

About Lehua:

Lehua worked and trained with the legendary Olympian, breeder, Judge and Trainer Hilda Gurney at Keenridge for 10 years, after being offered a job at her first lesson. During that time Lehua started countless horses, trained many up to FEI and she earned all of her USDF medals. Her incredible journey with FJ Ramzes began before he turned one and she has solely developed him. For the last two years, the talented pair trained with US Team Coach, Debbie McDonald, for preparation for international Grand Prix competition. She is currently riding with Ali Brock with hopes to represent the US in the very near future. This team is certainly one to watch and even Carl Hester mentioned he'd want to have FJ Ramzes in his barn!

Lehua teaches students of all levels and ages with a special interest in helping riders ride their own horse up the levels and push past any mental barriers. She truly has a "you can do it!" optimism. Her students have enjoyed many successes to include Regional Championship victories! Lehua particularly enjoys the experience of training non-traditional breeds to FEI. Lehua competed at National competitions in both Dressage and in Arabian breed divisions. A horse she purchased one day after birth, is now a licensed stallion and won the 2019 3-year old Colts and Geldings class at Dressage at Devon. The pair was invited to the USDF Young Horse Prospect Forum in 2020 and were extremely well received. This exciting duo is set to take the Young Horse classes by storm!

This is an exciting opportunity to ride with a USDF Certified Instructor who also holds a B.S. in Psychology.

Other accolades:

- USEF Developing Riders List
- 2x Carol Lavell Advance Dressage Prize Winner (\$25,000 Grant from The Dressage Foundation)
- USDF Finals 3rd Level Champion

Clinic will be held Friday and Saturday, from 8 a.m.-5p.m., Sunday from 8 a.m.-11 a.m. with General Membership Meeting on Sunday, October 2, from 1 p.m.-3 p.m.

As always, rides are scheduled on a first come, first served basis. Please submit all entries no later than Friday, September 11, 2020 for the clinic. Please also RSVP for the General Membership Meeting no later than Friday, September 18. Please do not wait to RSVP as early responses really help in the planning process.

If you wish to enter, please follow this link for clinic entry form: https://storage.googleapis.com/wzukusers/user-34964955/documents/62afaeb8d28847f48e142d4d5e37907d/SVDA%202020%20Clinic%20Entry%20Form%20-%20Custer.pdf?fbclid=IwAR22L59eXcw34-SIXaC2YshSjAAxEZeCTJnjCiLCS_YncoCSZGN82tg2eMc

Event has been created on the SVDA Facebook page. The link to the entry form is also posted in the body of the Facebook invitation as well as on the SVDA website.

The event will be hosted by Laura Gladden at Seahorse Run, 2733 Whaleyville Blvd, Suffolk, VA 23434.

This is a lovely location with a large covered arena, outdoor arena and plenty of space to warm-up prior to your ride time.

Thank you Laura Gladden for hosting this event for us again this year!

We will also need volunteers to assist with this clinic. This is a great way to get some hours toward year end awards!! Please email me if you wish to volunteer for this event lorahowgib@gmail.com.

At this time of COVID-19 we still expect to be following social distancing and all guidelines that apply to any SVDA event/show. General Membership Meeting is expected to be in the covered arena (weather permitting). Please bring a chair. Lunch arrangements will be made based on COVID-19 status at that time, more information to follow as we get closer to the event.

We look forward to seeing you all!

Lora Gibson
Clinic Chair

SVDA 2020 Calendar

Schooling Show Schedule

Date	Location	Judge	Open	Close
09/20/20	Bridlewood –Suffolk	Wanda Escobar	08/31/20	09/07/20
09/27/20	Sterling Meadows	Janice Mumford	08/31/2020	09/14/2020
10/18/20	SVDA Championship Show Wakefield 4H Center	Carol Bishop @'C' Robyn Nunnally@'B'	09/21/20	10/05/20

Sanctioned schooling shows

Wakefield Airfield 4-H Center

Sept. 19, 2020

Oct. 17, 2020

Crescent Bay Pony club held at Northwest River park

June 28, 2020

Oct. 4, 2020

Deep Creek Stables

Licensed Show 2020

9/12.13	Roemont, Fredricksburg
10/8.9.10.11	GAIgs Lexington, VA
10/18	SVDA Championship Show Wakefield 4H Center
10/24.25	CBLM Williamston, NC



Kathy Rowse

USDF "S" Judge

USDF "L" Faculty Member

USDF Bronze, Silver & Gold Medalist

Grand Prix Rider, Instructor &

Trainer

Teaching Beginners thru Grand Prix



Also available to teach at Silverleaf Farm:

Kate Knick, USDF Bonze & Silver Medalist

www.silverleaffarm.org

1468 Peppercorn Lane

Suffolk, VA 23432

757.617.9505

kathymrowse@gmail.com

Old Mill Dressage



Suffolk, VA

757-582-2939

ezium

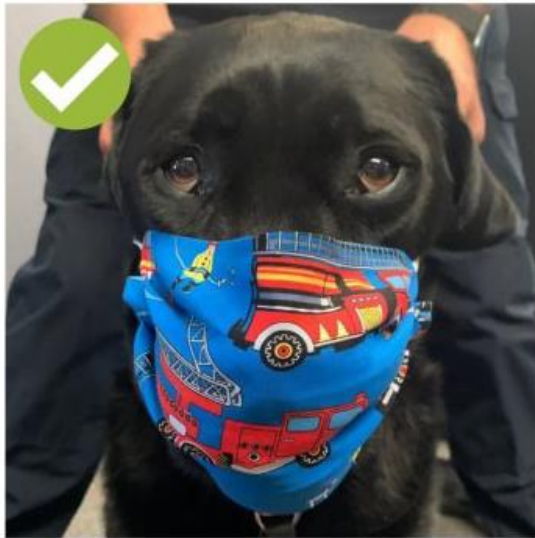
Sandy Toby

USDF Silver/Bronze Medalist

"L" Graduate W/
Distinction

ondressage@gmail.com

1752 White Marsh Rd,
Suffolk, VA



SCHOOLING SHOW VOLUNTEER POSITIONS – 2020

This Show Cancelled

SCHOOLING SHOW VOLUNTEER POSITIONS – 2020

Date: September 27, 2020

Entries Open: 08/31/2020

Entries Close: 09/14/2020

Location: Sterling Meadows, 3756 Indian River Road, VA Beach, VA 23456

Entry Secretary: Melissa Jamison,
2716 Kings Creek Road, Hayes, VA 23072;
813.956.0986; swimrunride@gmail.com

Ring Transportation to(REQUIRES A PICKUP TRUCK): Must contact Kathy Rowse (617.9505) prior to picking up items:

•

Items to be picked up:

- Cones, chain, letters, 2 measuring tapes, 2 tents, 6 chairs, 4 tables,

Ring Set up: Saturday prior to the show @ 4:00 pm

-
-
-
-
-

Lunches & snacks:

Show Secretary AM:

Show Secretary PM:

Scribe AM:

Scribe PM:

Ring Steward AM:

Ring Steward PM:

Runner AM:

Runner PM:

Ring Take Down:

-
-
-
-
-

Ring Transportation from(REQUIRES A PICKUP TRUCK):

Must contact Kathy Rowse (617.0905) prior to returning items shown below:

Items to be returned:

- Cones, chain, letters, 2 measuring tapes, 2 tents, 6 chairs, 4 tables, 4 show boxes, ribbons

SVDA Rep:

a.m. –

p.m. -

SCHOOLING SHOW VOLUNTEER POSITIONS – 2020**Date:** October 18, 2020**Entries Open:** 09/21/2020**Entries Close:** 10/05/2020**Location:** Airfield 4-H Center, Wakefield, VA**Entry Secretary:****Lunch & snacks for C Judge:****Lunch & snacks for B Judge:** Robyn Nunnally**Show Secretary AM:****Show Secretary AM Assistant:****Show Secretary PM:****Scoring AM:****Scoring PM:****Scribe AM for C Judge:****Scribe PM for C Judge:****Scribe AM for B Judge:** Christine Metz**Scribe PM for B Judge:****Ring Steward AM:****Ring Steward PM:****Runner AM:** Mary Barczak**Runner PM:****Ring Take Down:**

-
-
-
-

SVDA Rep AM:**SVDA Rep PM:****2020 Volunteers****Totals**

Jamee Albright	3	Pam McGeough	4
Beth Anderson	10	Aiden Hughes	4
Mary Barczak	4	Ben Hughes	9
Karen Barnard	14	Hope Hughes	4
Kylie Berhns	8	Melissa Jamison	11
Cristin Bertolino	6	Charlene Jensen	23
Kim Bliefernich	6	Dahlia Jensen	12
Paul Bliefernich	2	Emma Jensen	1
Debbie Bowden	8	Whitney Kelso	12
Krista Bryant	8	Maureen	2
Linda Cannon	5	Lawrence	2
Laura Celia	13	Holly Meeks	3
Jen Cobb	2	Christine Metz	11
Nicole Connolly	8	Toni Meranda	20
G2 Corrice	3	Ava Miller	2
Wendy Corrice	27	Katie Miller	2
Laurie Curtis	10	Sarah Miller	20
Eileen Darland	12	Tammy Moore	23
Reeta	16	Janice Mumford	20
Edmondson	16	Carolina	5
Evelyn Eidem	15	Needham	5
Elise Enoch	4	Robyn Nunnally	21
Emily Esposito	5	Maria Oshea	2
Kaylee Esposito	5	Chris Owens	12
Lesley Esposito	10	Katy Owens	8
Melissa Evelyn	30	Lorna Parsons	17
Barbara Felton	11	Ray Penland	8
Demity Ford	7	Amanda Petroski	8
Mr. Demity Ford	7	Nancy Pettet	12
Susan Forester	7	Beth Rippel	16
Beth Galbraith	5	Kathy Rowse	21
Katherine	2	Shannon Schell	2
Gardner	2	Nancy Slack	4
Cheryl Gaylord	3	Joanne Smith	38
Lora Gibson	13	Jessica Stallings	16
Carol Gongo	8	Deb Sweetman	4
Ed Hipp	3	Sandy Toby	22
Pinky Hipp	21	Stephanie	11
		Walker	11

Advertise with SVDA

- *All ads must be submitted as they are to appear*
 - *in the newsletter.*
 - **SIZE PER ISSUE PER YEAR**
 - *FULL PAGE per issue \$15.00, per year \$150.00*
 - *HALF PAGE per issue \$10.00, per year \$100.00*
 - *QUARTER PAGE per issue \$7.50, per year \$75.00*
 - *BUSINESS CARD per issue \$5.00, per year \$50.00*
 - *CLASSIFIEDS per issue \$5.00, per year \$50.00*
- Make checks payable to SVDA

SVDA Board Teleconference June 17, 2020 7:30pm

Attendees: Kathy, Cookie, Melissa, Joanne, Robyn, Pinky, Sandy, Evelyn, Toni, Laura C, Carol G, Charlene, Beth, Whitney

Presidents Report – Try to be positive on FB and FB marketplace. Declining a lot of people on the regular FB page and directing people to the FB Marketplace.

Secretary - Minutes from last minute in April– Sandy motioned to accept them – Joanne seconded. All approved.

Treasurer- Our current cash balance is \$19,864.10, up \$460.91 from our last meeting.

We have a net profit so far in 2020 of \$2,524.02. I included a simplified profit & loss as well as a detailed one by class.

Paypal charges a fee on each deposit/payment of 2.5-3.5% but we think if we claim non-profit and upload the form we can get that down.

Paypal use needs to follow a set procedure. Notes must include the purpose of payment (membership dues, schooling show entry fee...etc.)

Board members need to use the reimbursement form! Will ask Wendy to make sure its up on the new website.

VADA Rep report:- Plans underway for DAL, which is happening! Only online entries will be accepted, first come first served and there will only be 4 rings, so if you are entering, please do so early. They are also looking for volunteers, see the VADA website for contact information. Volunteers will not share hotel rooms. Masks required unless mounted on a horse as per VHC policy.

The Region 1 Youth show is now a virtual event. There is a link on the Region 1 website to enter.

VADA Grants still happening this year. The Chapter Challenge show has been canceled this year.

VP Report - First schooling show of the year is July 5 at Pleasant Ridge in VB, with Margaret Little judging. Need volunteers! I have purchased PPE (hand sanitizer, disposable masks, gloves, paper towels) and Joanne Smith has offered to make some cloth masks for volunteers. I am also getting a shield made for between judge and scribe. We have a new online entry system, including making payments by PayPal, or one can enter via paper entry. This show is USDF Recognized. It's a lot of "firsts"! But we can handle it! Volunteer sign-up sheet attached.

Robyn will be writing up something for the FB page, the website and for an email to send out to all volunteers and competitors approximately 5 days in advance because. Rule and Regulations MUST be adhered to. Rules are constantly changing according to current guidelines.

USDF Regional Schooling Show Awards Program

Competition Applications were submitted to USDF for the following SVDA schooling shows:

July 5 - Pleasant Ridge (Virginia Beach)

July 19 – Amazing Grace (Carrollton)

Oct 18 - Championship show at Wakefield (still needs to be applied for)

A Facebook announcement was posted on 6-9 reminding interested competitors to complete the USDF Horse/Rider Nomination form on the USDF website, and provide the following information on the SVDA Schooling Show Entry form:

- Rider USDF Number
- Owner USDF Number

- USDF Horse Registration or Transaction ID Number, year of birth & breed

Online and paper entry forms have been updated on the SVDA website to include this information.

Juniors- Region 1 Youth Challenge cancelled for in person. Will be hosting virtual show and I have posted information on Facebook and emailed Jr Team members.

It says that payment is only accepted electronically. Do we have the ability to use the Club credit card to pay the entry fees? It will cost significantly less than originally planned for the virtual show. Entries are due by June 28th. \$75 per rider and a \$25 team fee for each team of 3-4. I will be submitting the entry forms electronically. We have 6 kids that are interested, 2 WD, 2 Intro, 1 TL and 1 1st LL.

Schooling Shows:

Live shows:

Ribbons are ordered for live and virtual schooling shows but not for the Championship schooling show.

Everything through June was canceled. First show is July 5 at Pleasant Ridge in VaBch.. Judge Margaret Little, confirmed.

Debuted the online entry form. Wendy can update on how that's going because she created the form and is the entry secretary for the first show using it. :-)

Amazing Grace decided not to host July 19 show. That show will be held instead at Pinky's Peace Haven Farm in Smithfield. Judge Donna Gatchell, confirmed.

River Birch Farm is still interested in hosting, so we are looking at makeup dates.

Virtual shows:

52 entries @ April show, 136 entries @ May show. Very profitable, netted about \$1700 from May show.

Approximately 80 entries @ June show (closed today 6/17). Debuted the online entry form. It is working amazingly well, with >90% of entrants using it.

Extending series through November. Seeking sponsors for series-end ribbons/awards.

We've had amazing support by individuals sponsoring awards for each show and the series.

Applied for sponsorship through SmartPak. We received \$100 in gift cards, accepted in \$25 denominations to give as the High Point Award for each of the next four shows

USDF Regional Schooling Show Awards Program

Competition Applications were submitted to USDF for the following SVDA schooling shows:

July 5 - Pleasant Ridge (Virginia Beach)

July 19 – Peace Haven Farm – website needs to be updated to a location change

Oct 18 - Wakefield Championship show – still needs to be applied for. Now that contracts are laid down we can move forward...

As far as we know the new on-line form seems to capture all the information we need.

A Facebook announcement was posted on 6-9 reminding interested competitors to complete the USDF Horse/Rider Nomination form on the USDF website, and provide the following information on the SVDA Schooling Show Entry form:

- Rider USDF Number
- Owner USDF Number
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Online and paper entry forms have been updated on the SVDA website to include this information

Championship Schooling show: The championship show is moving forward. Our judge at B will be Robyn Nunnally. . Wakefield is open and we have reserved the date, need to send a check to reserve and a sign the contract.

Scholarships/ Newsletter – no updates

Membership: Discussion on membership discount for 2021. From our membership fee... we pay out \$30 for each adult member to VADA and USDF. Slightly Less for Juniors, Supportive members are a bit less than that. It all averages out to \$26/member We believe that there will be a discounted membership for 2021 for those who are members in 2020. But we have not decided what to do yet. Pinky motioned to table the discussion and vote till the next meeting. Joanne seconded. We'd like to find out what our sister organizations are doing. assed for all.

Clinics and Programs – We have secured Lehua Custer for our Oct. 2-4 clinic. Seahorse Run has agreed to host the clinic. Discounted rate for SVDA members will be \$135 per ride. Rides can be combined if necessary. Seeking 8-10 rides Friday and Saturday, 4-5 rides on Sunday.

Will have application out in the next few days along with updated invitation on FB and email.

Need clarification on date of General membership meeting as we were planning to incorporate this into the clinic weekend.

Need clarification to be able to plan speaking engagement at meeting if it is to be held on Sunday, October 4. Newsletter reflects date of November 1.

Awards -Suffolk Hilton booked for Jan. 23, 2021. Working on schooling show in-hand award criteria, It will be similar to VADA but probably more lenient. will have it written up and sent out before next board meeting so we can vote on it.

Meeting ended at 8:55pm



Labor of Love

Sarah Miller and B-17 Bombadier

Fourth Level test 3 – 60.694% 1st place

MFS Third Level – 66.633% 1st place

Forth Level test 3 – 61.250% 1st place

MFS Third Level 3 – 63.433% 1st place



SOUTHEAST VIRGINIA DRESSAGE ASSOCIATION

FALL CLINIC &

GENERAL MEMBERSHIP MEETING INVITATION

**LEHUA CUSTER, L GRADUATE WITH DISTINCTION, USDF BRONZE,
SILVER & GOLD MEDALIST**

SVDA is pleased to announce that we have secured Lehua Custer, L Graduate with Distinction to hold our Fall Clinic taking place Friday-Sunday, October 2-4, in conjunction with our General Membership Meeting to be held at Seahorse Run in Suffolk, Va.

Clinic will take place Friday, Saturday and 1/2 day on Sunday, with Lehua speaking at our General Membership Meeting discussing fear in riding and how to overcome obstacles.

About Lehua:

Lehua worked and trained with the legendary Olympian, breeder, judge and trainer Hilda Gurney at Keenridge for 10 years, after being offered a job at her first lesson. During that time Lehua started countless horses, trained many up to FEI and she earned all of her USDF medals. Her incredible journey with FJ Ramzes began before he turned one and she has solely developed him. For the last two years, the talented pair trained with US Team Coach, Debbie McDonald, for preparation for international Grand Prix competition. She is currently riding with Ali Brock with hopes to represent the US in the very near future. This team is certainly one to watch and even Carl Hester mentioned he'd want to have FJ Ramzes in his barn!

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experience of training non-traditional breeds to FEI. Lehua competed at National competitions in both Dressage and in Arabian breed divisions. A horse she purchased one day after birth, is now a licensed stallion and won the 2019 3-year old Colts and Geldings class at Dressage at Devon. The pair was invited to the USDF Young Horse Prospect Forum in 2020 and were extremely well received. This exciting duo is set to take the Young Horse classes by storm!

This is an exciting opportunity to ride with a USDF Certified Instructor who also hold a B.S. in Psychology.

Other accolades:

-USEF Developing Riders List

-2x Carol Lavell Advance Dressage Prize Winner

(\$25,000 Grant from The Dressage Foundation)

-USDF Finals 3rd Level Champion

As always, entries will be accepted on a first come, first served basis. SVDA members to be scheduled first with non-members scheduled as schedule permits.

Clinic rates to be discounted for members, full rate of \$165 will be charged to non-members who wish to participate.

Also a great opportunity to join SVDA and ride at a reduced rate.

Auditing is free to all, members or non-members.

DEADLINE FOR ENTRY IS FRIDAY, SEPTEMBER 11, 2020.

Cut and paste link for entry form: <https://storage.googleapis.com/wzukusers/user-34964955/documents/62afaeb8d28847f48e142d4d5e37907d/SVDA%202020%20Clinic%20Entry%20Form%20-%20Custer.pdf?fbclid=IwAR09gYaSYgtQMSDZPHon2AYMsCmhauvTjhizhixK17BQQzllrzWqC8DRXe4>

This is an exciting opportunity to get out, ride, learn and socialize while maintaining social distancing!

Please email Lora Gibson with any questions: lorahowgib@gmail.com.

Sincerely,

Lora Gibson

SVDA Clinic Chair

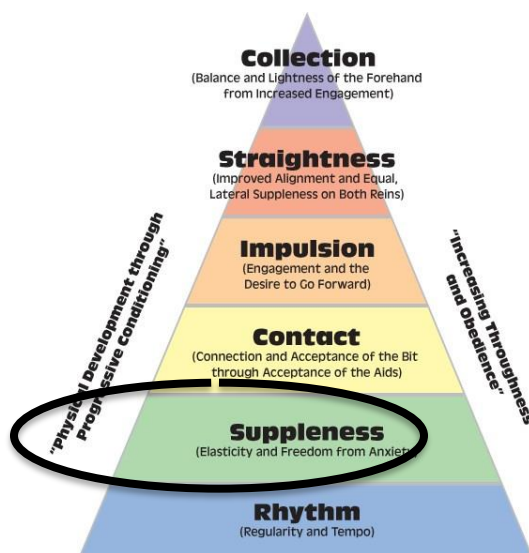


USDF Training Pyramid Second Level Suppleness



Many of us remember Gumby and his extremely bendable pony Pokey. This little orange pony could move his limbs any which way and seemed to be made more of liquid than real material. When I think of the second level of the training dressage pyramid by USDF, a picture of this orange pony popped right into my head. Now this may seem strange to some of you, but I have my reasons.

First, suppleness is defined by such words as pliant, flexible, ease in bending, limber in physical movements. Pokey was indeed all these as he pranced around on his long bending legs with Gumby happily on their adventures. Second, to be supple also means to have adaptability in mental action or be relaxed enough to still use your brain. Now I recall that Pokey was very adaptable to all the situations they got into and let's face it he was overly bendable horse. He had to be one patient one to deal with his body parts moving so much all the time. But this is just my thoughts on suppleness lets here what USDF, some trainers and judges have to say.



The USDF says the following: Suppleness (Elasticity and Freedom from Anxiety) is needed for the horse to move with flexibility, pliability, and elasticity. Suppleness is related to the horse's conformation—that is, the length of the bones and angulation of the joints. However, the surrounding muscles, ligaments, and tendons can be improved over time through proper conditioning and exercises. They can also be negatively impacted by incorrect training or riding. The USDF Glossary of Judging Terms defines elasticity as "the ability or tendency to stretch and contract the musculature smoothly, giving the impression of stretchiness or

springiness.” Anxiety refers to the horse’s mental and emotional state (Judges Box, December 2018/January 2019).

Dr. Thomas Ritter International clinician, coach, and known for his online course he runs with his wife Shana Ritter states in his book Dressage Principles based on Biomechanics that Suppleness and relaxation are so important, because only with a soft body can be compacted without becoming stiff and hard (pg. 83). When it comes to exercises that work well in getting a horse supple he states that lateral bending supple the lateral musculature, such as adductors and oblique abdominal muscles. In addition, he feels there are two aspects to suppleness, the lateral suppleness and the vertical suppleness. Lateral suppleness is achieved by doing exercise that are turning, bending, sidestepping, and bending against the direction of travel. Whereas vertical suppleness can be achieved through transitions, stirrup stepping, half halts, rein back and wight shifts.

And last one of our local judges and silver medalist Sandy Johson-Toby was kind of enough to provide her thoughts. She stated the following: I was asked to give my thoughts for some training exercises for USDF/USEF Training level. As with any athlete, warm up is one of the most important parts of the ride for both horse and rider. If your horse carries his/her head high, (generally implies that his/her back will be down/low and belly muscles will not be lifting correctly) so you would want to tailor your warm up so that your horse lifts his belly up and in doing so he/she will lower the neck and gain suppleness. If your horse is low-necked, yes there should be enough stretch down and out to stretch his/her back out, but riding too deep may just keep him in the forehead. If your horse leans in one direction more prominently than another, you may want to put the leaning side to the inside and spiral out (i.e. a few steps lateral to the outside rein) helping them shift and equal the shoulder weigh more evenly. If your horse is spooky, take a lot of time with him/her. Show the horse the ring in both directions, lunge your horse. Reward them when they maintain your chosen line of travel near the scary parts of the ring. Take your time!

For USEF/USEF Training Levels it is about basics. The basics of the gaits rhythm and suppleness. The basics of contact. There is nothing fancy about training level. This is the level where you establish the regularity and tempo of the gaits. When a judge looks at your horse they are looking rhythm FIRST, quality is second (you can enhance the quality as the horse gets stronger). So, as you ride your horse, ask yourself “is the trot free, active and have regular steps?”. Does the trot stay the same when I do different figures? Is my walk marching or meandering? Are the intervals between each beat equal? Is the canter regular and cadenced? Have balance! Improving balance is never ending. It starts even in Training Level. Balanced transitions should go to the haunches. Yes, even in training level!

Every horse and rider combination is different! Different exercises help different combinations. Learn your horse and your weakness and improve on them! Best of Luck!



VADA BOARD MEETING, 8/26/2020, via conference call

Meeting was called to order at 8pm.

Present on the call were – Tina Longaker, Sheli King, Jessie Ginsburg, Annie Connally, Anne Draine, Beth Ripple, Sherri Booye, Rachel Rice, Dianne Boyd, Nancy Doody, Nancy Lowey, Robyn Nunnally, Joanne Collins and Angie Stanaway

Sherri moved that we approve the **June Meeting Minutes**, Beth seconded and all approved

Jessie gave the **Treasurer's Report** and reported that we had just under \$130,000 combined in our 3 bank accounts and Tina added that we had another approximately \$15,000 in PayPay. Tina stated that for Dressage at Lexington, we took in \$96,607 in entry fees and also had sizeable income from vendors and sponsors for total income at \$105,632. Right now, our expenses are \$84, 559 but there are still a few expenses, mostly for ribbons and prizes and some misc. costs to be accounted for. In sum, it is clear that we made a profit from of at least of \$10,000 from the show and likely more but there is still some final accounting to be done. Tina thanked everyone involved, including the VA Horse Center for making the show such a huge success.

Moving on the planning for **the GAIGs**, based on all indications we should expect a very large show. The good news is that we don't need gate keepers for the championship classes, but there will be awards ceremonies, with some modifications to past practices. Competitors will be required to pick up their ribbons and prizes in advance and come to the ceremony properly turned out with their awards. Everyone participating in the ceremonies, including competitors will be required to wear masks. Dianne is working with Allison Campbell on how to organize the food for volunteers, staff and officials and Rachel was advised to plan for a full 7 ring show with a full contingent of volunteers required. We also anticipate the possibility of having to make some changes in judges based on covid protocols/state quarantine requirements and there will likely be increased travel costs. We also need to find a way to ensure that we don't have unauthorized persons on the premises – either spectators or additional people with the riders beyond the essential personnel authorized to attend. The core planning group will be beginning their weekly planning calls starting on 8/31. **THE DEADLINE FOR SPONSORS TO SIGN UP AND SUBMIT PAYMENT FOR THE SHOW IS SEPTEMBER 14TH.**

Tina discussed the annual **USDF Convention** which will be virtual this year, and open to all members for free. VADA has 528 members and so is entitled to 2 GMO Delegates. Dianne Boyd and Nancy Lowey volunteered and will be serving VADA members in this capacity at the convention.

Joanne started the discussion of our **Year End Awards** and presented several great ideas for consideration. She will look into some of these further to obtain costs and work with Nancy Doody on some design ideas. The Board also came to the conclusion that it is unlikely that we will be able to hold a large gathering like the banquet by next February and so will look into alternatives like a Zoom Awards Ceremony.

Chapter Reports:

VN just held a very large licensed show (its only one of the year) and is starting to plan its last schooling show, which is also the Schooling Show Championship being held on 10/31

Fredericksburg is full steam ahead planning for its upcoming licensed show at Rose Mount. They are also holding a clinic with Michael Bragdell on Sept 26/27

Charlottesville has another schooling show coming up as well as plans for a Zoom call with George Williams and a Zoom pilates for riders class.

NE has been holding evening schooling shows and has one more coming up and they had a large contingent of kids participate in the Region 1 Virtual Youth Team Show with much success.

SVDA has held several well attended schooling shows as well as 5 very successful virtual shows and is planning for their Fall Clinic October 2-4th with Lehua Custer.

Southwest held a schooling show last weekend that was very well attended and had one more this year in October.

Information on the **Shel Gafford Awards** process is attached and chapters are asked to publish this information in their newsletters and on their website.

The meeting adjourned at 9:15

Our next meeting is September 23rd at 8pm.

Respectfully Submitted by Sheli King for Alison Douglas.

**VADA Shel Gafford Memorial Award for
EXCELLENCE IN SPORTSMANSHIP**

Nomination deadline for 2020 Awards: December 1, 2020

For anyone not fortunate enough to have known Shel, he was not only a gifted horseman and successful competitor, but also a truly good sport and dedicated advocate to VADA. Shel was a seasoned competitor, having won the Gold and Silver Individual Medals in his last two years as a Young Rider at the NAYRC. He always rode to win, but never at the expense of his horse or another rider. Rather than “psyching” his fellow competitors, Shel was more likely to offer a helping hand or wish them luck. Furthermore, Shel was a tireless supporter of VADA. He served as President during some of our Association’s most difficult and trying times. It is largely due to his diplomacy and tenacity that VADA exists as it does today.

It is this spirit of unselfish good sportsmanship and generous volunteerism, which were so much a part of Shel’s nature, that VADA wishes to encourage and reward. If you are aware of a VADA member who is: **1) Actively involved in any aspect of competition and/or VADA activities (eg. Rider, owner, trainer, coach, show mom/dad, spouse, offspring, VADA Board Member, VADA volunteer), 2) who consistently exhibits the characteristics of good sportsmanship and unselfish support of VADA, and 3) has not received the Shel Gafford award within the past 10 years**, please nominate that person for the Shel Gafford Award. Include in your nomination the person’s name, chapter affiliation, and a brief statement (200 words or less) explaining why you feel your nominee is deserving of this award.

Nominations must be received by December 1st. The slate of nominees will be sent to the President of each Chapter, who shall, using the method they determine, poll the members of their Chapter and select their Chapter's choice for the award. In the event of a tie, the VADA Board of Directors shall select the winning nominee from the two candidates. **Chapters MUST report their selections to Sheli King no later than January 15.** The recipient will receive a special award and a check for \$250.00.

Previous Winners

1995—Debbie Bowman & Tina Longaker (CH)	2007—Janice Mumford (SVDA)
1996—Ann Edwards (SVDA)	2008—Robin Dannels (Nova)
1997—Nancy Lowey (CH)	2009— No nominations
1998—Catherine Sutton (CH)	2010—Sharon Ackley (FR) & Gardy Bloemers (CH)
1999—Molly Layfield (Cent)	2011—Candy Allen (Nova)
2000—Marilyn Leonard (SVDA)	2012—Debbie Marriott (Nova)
2001—Alison Head (Nova)	2013—Nicky Vogel (FR)
2002—No nominations	2014—Alison Douglas (Cent)
2003—No nominations	2015—Barbara Wiefelstede (Cent)
2004—Barbara Ellis (FR)	2016—Robyn Nunnally (SVDA)
2005—Jessie Ginsburg (Nova)	2017—Sherri Booye (CH) & Beth Rippel (SVDA)
2006—Peggy Minnich (FR)	2018 – Michelle King (NOVA)
2019 - Tina Longaker (CH)	2020 – ????



SOUTHEAST VIRGINIA DRESSAGE ASSOCIATION
 August 30, 2020
 SCHOOLING SHOW AT RIVER BIRCH FARM
 30470 CAMP PARKWAY, COURTLAND, VA 23837



Judge: Sandy Toby, L Graduate with Distinction

TIME	#	RIDER	HORSE	SCORE	%	PLACE
FIRST LEVEL TEST 3						
9:00	178	Karen Barnard (O)	Newsboy Meas	247	68.64%	1
FIRST LEVEL TEST 1						
9:08	832	Katharine Gardner (AA)	Home Run	195.0	67.24%	1
9:15	948	Kate Bouvier (AA)	Valentino	188.5	65.00%	2
TRAINING LEVEL TEST 1						
9:22	188	Katharine Owens (AA)	Callaway's Madeline	172.0	66.2%	1
9:29	172	Jennifer Cobb (O)	Greely's Dude	185.5	71.3%	1
FIRST LEVEL TEST 2						
9:36	832	Katharine Gardner (AA)	Home Run	234	66.85%	1
9:44	948	Kate Bouvier (AA)	Valentino	220	65.42%	2
WDAA BASIC LEVEL TEST 1						
9:52	61	Jamee Albright (O)	OH Undre	181.5	67.22%	1
TRAINING LEVEL TEST 2						
9:59	176	Alyssa Henkle (JR)	Wiley Coyote	195.5	67.44%	1
10:07	105	Michael Lovejoy (AA)	Pinchazo	195.0	67.200%	1
10:15	869	Kaylee Esposito (JR)	Mare Blu	190.5	65.900%	2
TRAINING LEVEL TEST 3 (ROO)						
10:23	836	Caroline Needham	Free Willy	186.5	64.3%	ROO
WDAA BASIC LEVEL TEST 2						
10:30	61	Jamee Albright (O)	OH Undre	149	64.8%	1
TRAINING LEVEL TEST 3						
10:37	188	Katharine Owens (AA)	Callaway's Madeline	191	65.9%	2
10:44	172	Jennifer Cobb (O)	Greely's Dude	199	68.6%	2
10:51	176	Alyssa Henkle (JR)	Wiley Coyote	194	66.9%	1
DGES BREAK 10:58 - 11:13						
1:14	105	Michael Lovejoy (AA)	Pinchazo	199.5	68.8%	1
1:21	869	Kaylee Esposito (JR)	Mare Blu	189.0	65.2%	2
1:23	836	Caroline Needham (O)	Free Willy	186.5	64.3%	3

11:28	836	Caroline Needham (O)	Sky's the Limit	199.0	68.6%	1
WDAA INTRO LEVEL TEST 3						
11:35	173	Jamee Albright (O)	Lucky Eliza	123.0	61.5%	1
WDAA BASIC LEVEL TEST 3						
11:42	180	Wendy Corrice (AA)	General George	132.00	66.00%	1
11:49	17	Christine Metz (AA)	Pistol	130.00	65.00%	2
11:56	944	Hope Hughes (JR)	Sensational Smoke	133.00	66.50%	1
WDAA INTRO LEVEL TEST 4						
12:03	173	Jamee Albright (O)	Lucky Eliza	132.50	63.095%	1
WDAA BASIC LEVEL TEST 4						
12:10	180	Wendy Corrice (AA)	General George	170.2	68.2%	1 ^E
12:17	17	Christine Metz (AA)	Pistol	161.5	64.6%	2
12:24	944	Hope Hughes (JR)	Sensational Smoke	163.5	66.50%	65.40%
INTRODUCTORY LEVEL TEST C - ROO						
12:30	177	Caroline Needham (O)	Sky's the Limit	ROO	ROO	ROO
INTRODUCTORY LEVEL TEST A - JUNIORS						
12:36	192	Mackenzie Smith (JR)	Risky Business (Moe)	112.00	70.00%	1
12:42	190	Addison Henkle (JR)	Midnight Flyer	107.5	67.188%	1
12:48	195	Haley Wyles (JR)	Cat Fifty-Five	108.5	64.688%	3
12:54	182	McKenna Fox (JR)	Guess Who	—	scratch	
INTRODUCTORY LEVEL TEST A - OPEN/ADULT AMATEUR						
1:00	181	Carrie Allen (O)	Sassy	—	scratch	
1:06	179	Jamee Albright (O)	Windchester	98.0	61.39%	3
1:12	183	Nicole Connolly (O)	Leighla	107.5	67.188%	2
1:18	174	Jennifer Cobb (O)	Manhattan's Martini	113	70.625%	1
1:24	182	Roberta Pluim (AA)	Free Willy	103	64.875%	1

LUNCH BREAK 1:30 - 2:00

SECOND LEVEL TEST 1						
2:00	171	Karen Launis (AA)	Heinrich von Kusten	242.5	65.5%	1
INTRODUCTORY LEVEL TEST B - OPEN						
2:08	206	Carrie Allen (O)	Sassy	—	scratch/noshow	
2:14	179	Jamee Albright (O)	Windchester	104.5	65.3%	4
2:20	183	Nicole Connolly (O)	Leighla	107.5	67.2%	2
2:26	836	Caroline Needham (O)	Free Willy	106.0	66.3%	3
2:32	194	Kaitlin Slimak (O)	Hamilton	110.5	69.1%	1

INTRODUCTORY LEVEL TEST B - JR

2:50	195	Haley Wyles (JR)	Cat Fifty-Five	102.5	64.1%	4
2:50	192	Mackenzie Smith (JR)	Risky Business (Moe)	110.0	68.8%	1
2:56	190	Addison Henkle (JR)	Midnight Flyer	108.5	67.8%	2
2:56	191	Aiden Hughes (JR)	Daniel Boone	107.5	67.2%	3

SECOND LEVEL TEST 2

3:02	171	Karen Launis (AA)	Heinrich von Kusten	281	68.5%	
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INTRODUCTORY LEVEL TEST C

ROO (12:30)	Caroline Needham (O)	Sky's the Limit	141	70.500%	1	
3:10	194	Kaitlin Slimak (O)	Hamilton	135	67.5%	3
3:16	191	Aiden Hughes (JR)	Daniel Boone	129	64.5%	7
3:22	174	Jennifer Cobb (O)	Manhattan's Martini	135.5	67.8%	2

3:28

SHOW ENDS

SVDA thanks River Birch Farm, Sandy Toby, our fabulous volunteers, and wonderful riders!