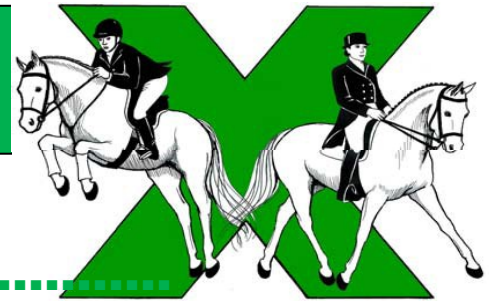


Crossroads Dressage & Combined Training Society

THE CROSSING

December 2010 Volume 6, Issue 11



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PRESIDENT'S MESSAGE.....

Christmas and New Year's are here and the weather is making us believe winter has come to stay. We had a wonderful time at Kelly Dickens's home for our December Meeting/Club Christmas Party on December 14. Food was good and the present swap was fun, too. For those of you who didn't make it, we missed you. Our next meeting will be at the Annual Awards Banquet at Sullivan's Restaurant in Maryville on January 29, 2011. Watch for a separate invitation to come in the mail. This will be a very short meeting, but we will have the election of officers for the board. Susan Hill is still looking for silent auction donations to go with the exciting ones she already has. Please contact her with your items (lurahill@aol.com).

I want to thank all of the people who have served on the board during my tenure because their good help made my job much easier. Thanks, too, to all the folks who volunteered to help with club programs and activities. Without their help, and your help, CDCTS would not be the organization it is today. There are 2 schooling shows to be put on in 2011, perhaps another camping/trail ride weekend, and two clinics with Cindy Sydnor. If any of you have any other ideas for activities you'd like to see put on, please contact one of the new board members.

Stay warm! After my knee surgery and 4 weeks of physical therapy, I am looking forward to getting back in the saddle. I'm sure Finale has enjoyed the break...but now on to new training ventures.

Rita

Meeting Minutes

December 14, 2010

Meeting was called to order by Rita Dunn at 8:00 pm. The meeting was held at Kelly Dickens's home in conjunction with the CDCTS Christmas Party. Members present were Kathy Ridenour, Diane Carlson, Linda Klingerman, Carol Grau, Rita Dunn, Katie Longmire, Kelly Dickens, and Rosalyn and Roger Fanti. Guests were Charlie Grau and Tina Henderson. Secretary's and Treasurer's reports were not presented. It was discussed and voted on to offer River Glen up to \$200 to make it possible for Dressage by the River to become a two show weekend. Meeting was adjourned at 8:25 pm.

CDCTS wants to extend our sympathy to Vice President Susan Price who's mother passed away December 28, 2010 after a battle with cancer.

BARN FIRE – On Christmas morning Jon and Sherry Koella had a devastating barn fire. They lost two barns, tons of hay, much farm equipment, and five horses, including their breeding stallion Nico. CDCTS has already responded with a monetary donation. Individual members are also donating money, barn supplies, hay and feed to help the Koella's through this very rough time. If you would like to help, please contact Susan Hill at lurahill@aol.com.

As regular readers of this column may recall, last month's *Focus on Freestyle* focused on "G is for Go!" Specifically, how the rider must always be riding forward so the freestyle is truly flowing and fluid, instead of a series of movements hung together with transitions.

This month, we will take what appears to be a total change of direction and focus on the *halt*. I can think of no other aspect of dressage, whether test or freestyle, that is so often overlooked by riders, thus valuable points are needlessly sacrificed. Whatever the level, every dressage horse is supposed to be *dressaged* (i.e., trained) enough to be completely obedient and responsive to the rider's aids, including the aids that say, "stop." The halt should not be crept into, jogged through, nor otherwise sloppily executed. The horse's movement immediately prior to any halt should be forward, even if the movement is becoming compressed via half-halts in the stride or two immediately preceding the actual cessation of movement. The half-halt serves to balance the horse as well as cue him/her that a halt is coming up. But when the seat drops, the spine lengthens, and the rider's body says, "stop" the halt should be immediate, complete, and balanced. And, while the horse's body should be absolutely still, the horse's *mind* should still be thinking *forward*, in anticipation of the next movement immediately after the halt, even if that movement is the reinback. A proper reinback maintains an element of forward. It is "forward in reverse" instead of a "backward" movement, as the horse should be performing a balanced cadence of two alternate steps, (right front/left rear and left fore/right hind or vice versa), much like a slow-motion trot with the tail leading. Sadly, oftentimes one sees a shuffling four-beat "walk" for the rein back, and the major cause of this sloppy reinback is when the mind (either the horse's, the rider's, or both) stops thinking forward during the halt.

Many riders find it very helpful to view the halt as yet another movement to be practiced, perfected, and performed as a scored element, which it is. Prepare your horse with the half-halt to set him/her up for a successful halt. Practice the halt so that every physical component of you and your horse is immobile for 5 seconds. Once your horse understands the immobility concept and performs an immobile halt, work to get a lovely, correct, "4-cornered" halt (one hoof in each corner of an imaginary rectangle drawn around your horse's body in the arena floor), with your horse quietly on the bit without being behind the vertical. And remember to maintain forward thinking even during the final halt/salute of your test or freestyle. This mental mindset will keep your horse in frame and "performing" up until the actual *end* of your freestyle or test, which is upon the conclusion of your salute. As a final bow from a stage performer, that final halt/salute is your one opportunity to silently show respect to the judge, as well as gratitude to the audience, your horse, and your sport, so don't throw it away as a reckless, unimportant gesture. Once the final halt/salute is completed, *then* let your and your horse's mental mindset completely relax, so your horse leaves the arena with a happy, swinging walk on a long rein. *Happy Halt-idays!*

It's January, and that often means cold, dreary days and limited opportunities to ride. But the upside is, winter months provide a wonderful opportunity for some guilt-free (can't ride anyway, right?) video viewing, book perusing, and music discovery sessions. One intangible but absolutely essential element of a great freestyle is *inspiration*. And inspiration requires creative experiences and reflective interludes.

So pull out some of your favorite freestyle videos or log onto You-Tube and watch with a critical-yet-inspired eye. The 2010 WEG videos are one recent source of great freestyle inspiration. Are you having trouble with executing a particular movement? Challenge yourself to find ten or more videos that include that movement, and compare/contrast the various rider/horse pairs. Note each rider's prep in the movement before your troublesome movement. Note the horse's bend, flexion, and review the last stride preceding the first stride of the troublesome movement over and over – play it in slow motion, play it backwards and forwards, and truly analyze what each horse is doing as they depart into the troublesome movement. So much can be gained from such careful study of great horses and great riders! And much of it translates directly to the lower levels. For example, a fabulous, four-beat canter pirouette is simply a 20-meter canter circle done correctly with fewer strides, more bend, and steadfast balance. Watch for horses that swing their forehand, mid-air, over their haunches. This is not a balanced canter pirouette, and careful study usually reveals either the horse is not balanced sufficiently for true self-carriage, or the rider lacks sufficient seat to maintain position through the pirouette. If the former, the horse is being asked to do movements beyond his/her level of strength and training. If the latter, the rider has done insufficient seat work (*read*: reinless, stirrupless longe riding) to be able to sit in a balanced position centered over the horse's back and stay there despite the opposing forces, inherent in a canter pirouette, that try to throw the rider's weight to the outside of the circle. Lower level riders feel the same outward force when they ride a 20-meter canter circle and fail to maintain even weight distribution. Typically this is seen as the rider's inside leg creeps up and the upper body gets pushed to the outside; the horse, in an effort to "catch" the rider, often pushes out through the shoulder and loses his/her own balance, causing either the canter circle to widen and become uneven, or the horse falls out of canter and resumes trot to stay under the rider.

This is just one example of how spending your winter non-riding hours in a productive, inspiring way. In addition to such video self-instruction, one may find inspiration in excellent music or by visiting an art gallery. The lines and colors found in great artwork, irrespective of medium – painting, sculpture, etc. – bring to mind the beautiful lines and flowing rhythms one finds in an excellent dressage freestyle. So take a little time out from all the winter-weather chores and seek inspiration. Once riding weather resumes, you'll be very glad you did, and your riding will reflect your renewed inspiration.

Hear Ye!

Hear Ye!

January 29, 2011

Has been declared the date for...

**Crossroads Dressage & Combined Training Society's
Banquet & Annual Awards Dinner**

At ye old..

Sullivan's Restaurant in Maryville, TN

Cash Bar and Silent Auction

6:00 PM

Dinner, Slide Show, and Awards

7:00 PM

Explore the exciting Silent Auction table !

There will be Door prizes and a Raffle Gift !

Join us for Food and Merriment!

Please respond with enclosed card

By January 22, 2011

(you must pay in advance to receive your tickets for the dinner)

Don't forget to vote for this year's "Non-Showing" Awards

CDCTS “Non-Showing” Awards

These awards are to recognize outstanding individuals within the club.

Ambassador of the year - Please nominate the person that has made a positive impression to the community while representing our organization.

Volunteer of the year - Please nominate the person that has gone above and beyond to assist the club with activities and functions throughout the year.

Please submit all nominations to: Linda Klingerman at elite@chartertn.net or call (865)458-8534.

*Don't forget your photos for the slide show! They can be any horse-related activity or club function.

E-Mail Photos to Linda Klingerman at elite@chartertn.net

** Please contact Susan Hill at (865)789-5048 with all your silent auction donations.

Directions to Sullivan's - 121 West Broadway Maryville

From Knoxville - Take I-40 to Hwy. 129 (Alcoa Hwy.). After the airport bare RIGHT at the split. At traffic light turn LEFT (at Cracker Barrel) onto Calderwood Rd.. Turn RIGHT onto Broadway. Sullivan's is on the right, parking lot is directly across the street.

From Lenoir City - Take Hwy. 321 toward Maryville. Continue into Maryville, turn LEFT at Government Center onto Broadway. Go a couple of blocks, Sullivan's is on the left. Parking is across the street.

CDCTS has received the complete set of dvd's for both dressage and eventing from the World Equestrian Games. Sherry Gordon has offered to have a "dressage viewing" in her home theater near the end of January....date yet to be determined. If interested, please contact Rita Dunn (piaffe8@charter.net). Hope to see you there!

Horses for Sale or Lease

Rebel - 1993 registered Quarter Horse gelding. 15.1 hands flee bitten grey, sound and sane. Shown successfully at into and training level (scores in high 60's and 70's), schooling first level and going well. Hacks out nicely, best for intermediate rider. **\$4000**. Contact Melissa at (865)376-6540 or email rfrainer@yahoo.com

Mars – 2003 registered American Sport Pony gelding. He is a 13.3 hands chestnut with hind white socks. Super easy to ride with 3 comfy gaits and a huge canter stride. Easy to frame up, hacks out nicely, fast learner, and started jumping. He is nice and quiet. He will make a great hunter or eventer, or will continue to excel in dressage (winner of both his classes first time out). He has a super brain, easy all around, and a pleasure to ride. **\$5500** Contact Melissa at (865)376-6540 or email rfrainer@yahoo.com

3 YR Old very fancy moving Oldenburg bay filly. Sired by Hanoverian stallion Pablito out of an Oldenburg mare by Widmark. Widmark was third in his stallion testing and three year old Bronze Medalist in the Bundeschampionships in Germany. Dam was highest scoring foal at her inspection in Kentucky. Filly is currently doing ground work under saddle. Currently priced at \$12,000. email Diane Carlson at chasediane@tds.net

4 YR Old chestnut gelding 7/8's Warm blood, branded and registered Oldenburg. Sired by Widmark (see above) out of a Wradar daughter. He received premium status at his inspection in Virginia. Being started under saddle, very nice mover, willing and quiet. Currently priced at \$14,000. Email Diane Carlson at chasediane@tds.net.

Tack for Sale

Neidersuss Allegro II – Dressage saddle, 16 ¾ inch seat, medium tree, 3 years old in excellent condition. **\$1700** Contact Roxanne at (865)692-9005 or email roxnemcik@comcast.net

Collegiate Jessica Dressage Saddle— 17.5 seat, medium tree, used very little, in great condition, \$300 Rebecca Miller, 865-643-1336, Rebecca.Miller@morgankeegan.com

Prestige Dressage 2000 Saddle— 18 inch seat, 33cm wide (medium wide), comes with Stubben Irons, and Prestige Leathers. Call for price and test ride. Nancy Carmon 865-689-5511 or 865-803-7772 cell.

Boots for Sale

Ariat Maestro Dress Boots = womens 9-height tall, regular calf \$250.00 call Cindy Faller 865-693-5074

Ariat Tall Field Boots— womens 7 1/2, regular calf, 5 years old in good condition, \$100 OBO Rebecca Miller, 865-643-1336

Trailers for Sale or Lease

Trailer for rent: 1997 Traillet 2 Horse bumper hitch w/ tack room. Low mileage and well maintained, excellent floor with rubber mats, rear ramp. This is a safe trailer, fully enclosed w/ good ventilation. **\$60 per day**, Insurance confirmation required. Contact Melissa Feinbaum 865-604-8525 or mfeinbaum@mfreclruiting.com.

Tobruk Trailers - Merhow and Cherokee aluminum trailers. Custom living quarters for large horses. Hitches and repairs. Call 865-397-8304 or email tobrukfarm@charter.net.

Advertising Rates

	Members	Non-Members
Full Page (7.5 x 10)	\$10	\$20
Half Page (7.5 x 5)	\$ 5	\$10
Quarter Page (7.5 x 2.5 or 3.75 x 5)	\$ 2.50	\$ 5
Business Card (3.5 x 2)	FREE	\$ 2.50
Classified Ad	FREE	\$ 1 per line

All ads must be paid in full prior to being published in the newsletter. Ads must be sized to specifications, and must be in a useable format (.jpg, .gif, .bmp). Please contact editor for additional information: kathyhuffstetler@aol.com

Clinics: CDCTS hosts mounted and unmounted clinics, symposiums, and educational workshops with well-known equine professionals. Members can participate in CDCTS sponsored clinics for a reduced rate, and are given preference over non-members when space in a clinic is limited.

Schooling Shows: CDCTS hosts 2 schooling shows per year, offering both dressage and combined tests. Members pay a reduced rate for their entry fees.

Newsletter: Each member receives a copy of our monthly newsletter, "The Crossing" by email. Members also may advertise in the newsletter at reduced rates.

Volunteers: To encourage volunteer support, CDCTS offers "Dressage Bucks", a program to reimburse volunteers for their time and efforts.

Year-End Awards: CDCTS offers numerous awards for high scores at schooling and rated shows, plus JR/YR, Adult Amateur, and Open categories. We also have Perpetual High Point Awards for both Dressage and Combined Training. Riders must be CDCTS members, and must have completed a minimum of 4 hours volunteer service for the year in order to be eligible for year end awards.

USDF Benefits: By joining CDCTS, you automatically become a USDF Group Member and receive a USDF Group Membership Card. Group membership allows you to receive the monthly USDF Connection Magazine, earn USDF University Credit, and compete in any USDF recognized show. In addition, USDF Group membership allows you to participate in the USDF Rider's Awards from Training level to Grand Prix, including the Master's Challenge, Bronze, Silver, and Gold Medals. You will also receive member discounts for USDF events.



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