



August 2017

Finding Balance in Movement with Susanne von Dietze

By Liz Bromberg

This past June, dressage enthusiasts traveled from all across North Carolina, as well as from Pennsylvania and Kentucky, to work with Susanne von Dietze-Pollak (SvD). The clinic was organized and hosted by Lynn Leath at her lovely North Star Training Center in Chapel Hill.

SvD's educational background is in physiotherapy. Her goal is to help riders to gain a better understanding and control of their own bodies, so as to achieve a positive influence and communication with their horses. Her specialty is working with each rider's body mechanics to create better balance and feel.

A wide variety of riders participated – from green to grand Prix, from age 14 to 84 – with horses that ranged from seasoned schoolmasters to naughty adolescents! Each lesson was tailored to the individual pair's needs, but common principles and accompanying explanatory imagery ran throughout. Following are just a few examples...

Finding Lightness through the Core

The core must be stable for the rider to balance properly and give aids correctly. But with stability and flexibility, you can stretch and ride without strength!



SvD shows Sharon Best (of Pennsylvania) how to open her hip flexors, with Best's Carolina-bred Oldenburg, Basie.
(Photo by Lynn Leath)

To achieve stability in the core, the rider must be able to expand both up and down, vertically.

Imagine that the line from your head to

heel is a guitar string. You need to stretch it to make music. If you shorten, the string is not taut, and there is no vibration when you strum or pluck the string. This vibration is what creates impulsion with lightness. (If the guitar string metaphor doesn't work for you, imagine a bungee cord instead.)

As you stretch, it is important to stay connected from your ribs down to your hips. Think of an "X" or a seatbelt that connects your low ribs to your hip bones. If you are not connected through your core, when you push with your hips, you push the horse down instead of up.

Of course, you can't physically pull the horse up each stride – he weighs far too much! Instead, you must stay where you are, and let him come up to your seat. To visualize this feeling, imagine playing with a yo-yo or bouncing a basketball. The better you get with the yo-yo (or dribbling the basketball), the more subtle and soft the movement; it doesn't need to come from strength. If the yo-yo image doesn't resonate, try thinking of your seat as a stone that drops in water and creates ripples. Those ripples of energy create impulsion – without a lot of work from the hands or legs.

Melissa Deal, of Burgaw, observed, "This was a big take home for me: When you are connected, you can whisper with the aids. When you are not connected, you have to scream with the aids to get a response."

Finding Stability through Breath

The lungs are the only internal organ we can really control. And the pressure of the air coming in and out of the lungs creates elasticity from within. Breathing out connects to the diaphragm. In the exhalation, the action of the diaphragm stretches the lower spine. And when you lengthen the duration of the exhalation, you get longer in your body.

Think of a triangle from hands to bit (open hands wider, inhale; close hands together, exhale); opening up the collar bones and letting the ribs expand; and creating more (continued on page 6)

SvD leads a Gyrokinesis session. (Photo by Lynn Leath)





Presidents message by Amanda Miller:

Well, we have almost made it through the summer of North Carolina! Mostly everyone has been super busy, which I think is fantastic! In May we had a wonderful symposium with Jeremy Steinburg which was well attended. I want to extend a huge thank you to our Dressage Education Committee, Mary Tompkins and Jennifer Flowers for making it happen! In June, we had Lendon Grey come in for the JR/YR clinic. The riders soaked up a lot of knowledge. A huge thank you to Monika von Windheim for making this clinic happen. This is her first year heading up the JR/YR committee. Also in June we had our first NCDCTA show of the season in Raleigh, Capital Dressage Classic. Janice Aquino, the new Competition Chair did a fabulous job making everything come together and run smoothly! Thank you to everyone who came and showed with us! Don't forget, show scholarships are coming up and eventing grants for the fall. So don't miss these opportunities! If you see me out and about, please come introduce yourself. I would love to meet you! I want to know how to make NCDCTA better for you so never hesitate to reach out! Stay hydrated!

Volunteer Cards and Out-of-State Results

Out-of-State Event Results Forms are now online at NCDCTA.org -> About Us -> HOY. All out-of-state results from active members will be accepted until August 15, 2017 (rider, owner, and horse must have been active members when the points were earned, per the rules). After August 15, you must submit your Out-of-State Event Results within 14 days from the end of the competition or November 25, whichever comes first. Results submitted after that time will not be accepted.

Scholarship Announcement

All JR/YR (21 and under as of December 31, 2017) are eligible to apply for scholarships to the NCDCTA horse shows. Please go to the website to apply. Application deadlines are July 31 for Labor of Love, August 14 for Harvest Moon, and September 11 for Autumn Leaves.

Congratulations to the following riders going to HITS in Saugerties NY, July 18-23, 2017 to compete in dressage. North Carolina is well represented with 3 riders, Catherine Horrigan, Anna Weniger and Kaitlyn Lingard.

JUNIOR TEAM:

1. Kayla Kadlubek Freewill 69.468
2. Allison Nemeth Dafoe 69.067
3. Amanda McAuliffe Leuns Veld's Duco 69.046
4. Catherine Horrigan Ultima O.A. 66.262

YOUNG RIDER TEAM:

1. Kristin Counterman Three Times 69.342
2. Chase Shipka Zigal 68.852
3. Anna Weniger Don Derrick 67.960
4. Kaitlyn Lingard Valentino 65.533

ALT #1 Claire Hodges Tango 64.358
ALT#2 Claire Hodges Good Lookin 64.070

We wish all the best luck!

Congratulations to Mia Braundel and Zoe Bruno joining the eventing team going to Rebecca Farm in Montana, July 19-23, 2017. We wish them and the rest of the team all the best!

The NEWS is an official publication of the North Carolina Dressage & Combined Training Association

All submissions must be typed and received by the 10th of the month prior. Articles by members (under 1K words) are welcomed, but must include byline, and may be edited for space and content. Opinions expressed herein do not necessarily reflect those of the NCDCTA, its staff, or executive board.

Rates

Ads: as of 10/15/16

\$100 page \$75 half

Show prize lists, entry forms, and clinics:

\$75 page \$50 half

Classifieds:

\$15 per classified - Limit 5 lines
Approx. 50 characters per line.

There is a 10% discount on ads (full or half page) that are pre-paid for a year and never change.

Ads may be e-mailed as a pdf attachment to NCDCTAnews@mac.com or mailed on a CD or zip disk. No ads run without full payment. Please enclose hardcopy of ads with payment.

Send payment made out to NCDCTA and ad copy to:
Wendy Cracovia
8807 Oxfordshire Ct., Huntersville, NC, 28078
Cell: 980-428-4141

Visit us at: www.ncdcta.org

What Makes a Safe Upper Level Event Rider?

And what happens when you realize it's not in you.

By Cassidy Sitton
Photos by Pics of You

For as long as I can remember I've wanted to be an upper-level event rider. Well... That's a lie, because I clearly remember thinking I wanted to be a smurf (yes the blue kind) at one point, but once that didn't pan out, it was all event rider, all the time.

And I got there. I did the working student gig with some of the best riders in the country. I lucked out and got experience on a horse that had forgotten more than I'll ever know. I worked, and studied, and lessoned, and rode and worked some more. I even got to the point where I could walk the Rolex cross-country course and think that some of it looked doable.

When you watch riders at the upper-levels, there is a keenness that cannot be taught. It's the split second decision making skills that make them safe - the reaction to kick on when the horse wants to add a stride; the quick tap with a stick off the ground for that extra push in the air; and the mindset to call it a day when things aren't going well.

Three years after I jumped around my first intermediate, I retired my last upper level horse and I made the decision I would never again see those red numbers. The decision was not done in haste, nor was it made because of a scary incident. It was made because I realized I was not a safe rider at that level. It's not a fear of speed, or the jumps, or anything else that made me unsafe - but rather my tendency to question first and kick later. I



questioned my horse's fitness, whether they'd misstepped in a hole, or pulled something on landing. Whether my studs were the right size for that drop down the hill, or if I should try to fit in another stride before the humongous table.

They say "kick on" for a reason, not "question everything you've ever done with your life."

And luckily my little OTTB didn't care that I questioned every decision, but I knew that I wasn't always going to be so lucky.

In the two years since then, I've learned that coming through the finish flags is just as rewarding, no matter what the colors may be. And although they may not provide quite the adrenaline rush, pure dressage and show jumping both provide their own set of challenges.

But now, with the upper levels no longer in my cross-hairs, I have time to go back and revisit that whole 'smurfs' goal.



German Horses and German Food

Article and photos by Cassidy Sitton

As a working student, I remember my employers leaving for overseas horse-shipping trips. I had no idea what went on during these trips, but I knew horses on the videos they returned with were a quality I'd only seen a few times in the United States. Once I turned professional, I dreamt I would be in a position to shop overseas, whether it be for my own mount or a clients, but I never thought it would actually happen.

And then, after a few glasses of wine at the whirlwind that is the NCDCTA HOY Banquet, I was approached by the von Windheim's of Tanakath Equestrian about venturing to Germany for the Marbach Auction. Before they could finish telling me when it was, I had already answered yes, and was already planning my packing list (which was almost of no use considering my bags got lost on the way over).

The next few weeks were spent looking at the videos of the auction horses, which ranged from 3-8 years old. We studied movement, conformation, lineage, and each made lists of which ones we liked. Of course I focused completely on the horses we'd be seeing, without a second thought to the fact I speak absolutely zero German — a fact that was not a problem until I found myself unexpectedly alone in the Berlin Airport. I was thankfully reunited with the German-fluent von Windheim's once I landed in Stuttgart, and we made our way to the beautiful town of Gomadingen, near where the auction would be held.

The Marbach State Stud the oldest state stud farm in Germany with over 500 horses spanning its multiple facilities. Most of the horses in the auction were bred through the farm's program so we got to spend time meeting several of the stallions and broodmares, in addition to touring the facilities where the yearlings and two-year-olds were turned out.

But the best part of going over there early, and only having one facility housing all these amazing horses, was that we literally sat for four days straight and watched some of the nicest young

hornless-unicorns I have ever seen be ridden by riders of all ability levels (and we sat on our fair share as well).

There was the immensely talented jumper, aptly named Careful, who made me say expletives uncontrollably while watching him free jump. There was the sweetest chestnut, Dix, who, while he barely knew how to turn, made me grin uncontrollably while trotting him around the ring. There was the wildman, Lichtensteiner, who's going to be an absolute world-class horse, once he grows into his four different bodies and learns to keep all appropriate feet on the ground. And then there was First Love, who did not make it on any of our initial lists, however she quickly changed our minds after watching her offer every transition like she was climbing a

mountain (in the greatest of ways), even though her three-year-old withers haven't quite caught up with her powerhouse hind-end.

The auction itself was a community event. There were bidders spanning anywhere from performance horse buyers, to breeders, to families looking for their child's first horse. We got to meet with the vet to look over x-rays and vet records, plan our bidding strategy once the order was released, and eat some pretty amazing german food-truck fare (I decided early in the week that German calories didn't count as real calories). Being the lone Americans at the auction, we were treated to an opening ceremony introduction that I couldn't understand, but I do think it included

a Trump joke. Once bidding began, it was fast paced and intense. Winners of each horse were treated to a basket of goodies which included a picture of their new horse and bottles of bubbly adult beverages.

When it was all said and done, First Love's picture was in the basket making it's way back to the USA, and I was left with immense respect for the history of Marbach Stud, a longing to ride anything close to the level of the German professionals, and a grand appreciation for the von Windheim's and Tanakath Equestrian for letting me tag along on an amazing journey.



First Love with her new owners



The grounds of Marbach

Thank you to all who participated in making the Lendon Gray JR/YR clinic a wonderful success.

By Monika von Windheim.

Lendon Gray provided customized guidance to each rider over the two days.

The following riders participated in the clinic:

Ella Braundel, Mia Braundel, Olivia Brown, Alexa Clegg, Adysen Roark, Suzannah Rogers, Anna Weniger, and Katriana von Windheim.

The lectures/demo were provided by veterinarian Dr. Jim Maxwell, breathing specialist Elisabeth Lewis Corley, exercise physiologist Jordan Lee and vaulters Michelle and Nicole Mayaskis of Genesis Vaulters.

We were very pleased to receive sponsorship. Pagan Gilman of Lisa-Seger Insurance provided the lunches for Lendon and the riders. Amanda Silver of SoutheastSaddlefit donated 2 saddle fittings. Thinline donated two saddle pads and bell boots.

Our host, Annette Kenny and family, were fabulous. Lendon and eight horses were accommodated for the two days. Annette also provided door prizes so that every rider received one.

A big thank you to the boarders, especially Beth Falwell, who graciously shared the beautiful riding arena with us.

(continued on page 7)



Anna Weniger



Adysen Roark



Ella Braundel

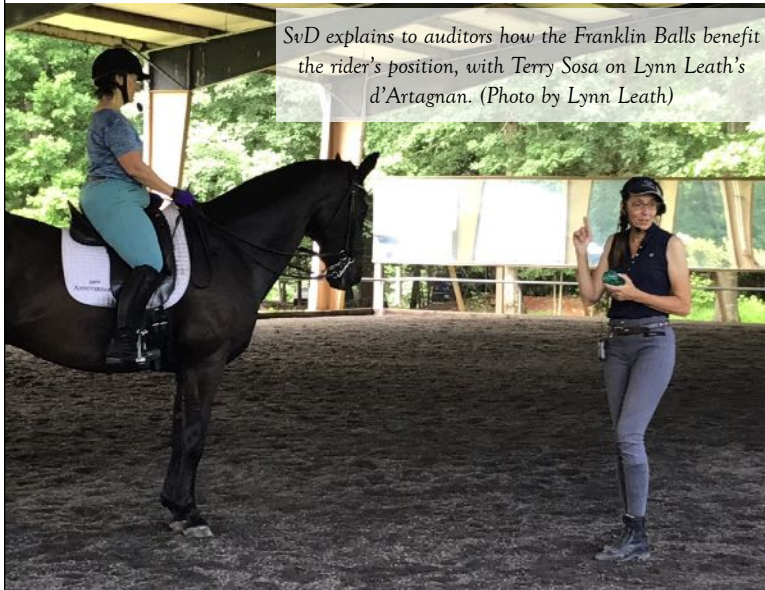


Olivia Brown



Alexa Clegg

Susanne von Dietze cont'd *from cover*



SvD explains to auditors how the Franklin Balls benefit the rider's position, with Terry Sosa on Lynn Leath's d'Artagnan. (Photo by Lynn Leath)

"width in the sternum" (not "shoulders back"). The "accordion" in your chest creates lateral stability, so the pelvis can swing more easily, and there is less work for your legs. Stability in the upper body replaces strength in the fingers.

Linda Ambroso, of Durham, reported, "Within just a few minutes of focusing on my breathing, my horse came in to a rhythmic working trot that was just the right tempo, supple, and relaxed. I have been able to repeat this since my lesson, and feel that it is a very valuable tool."

Wisdom

SvD shared several nuggets of wisdom that particularly resonated with participants. Following is a brief selection...

- Every aid is only good if you can release it. Balance means always releasing; returning to the "middle"; touch the horse, then leave him alone, take a moment to listen.
- The aids make a figure eight through your body, and everything comes back to the center. Don't just ride back to front; you have to always come back to the center. Ask, then let him be. Play with the aids all around the horse, but always return to that moment of listening at the center.
- Give – let the horse reach for the contact.
- Rhythm is a tool – without it, you block the horse. Every aid has to be within the rhythm. It is the foundation of the training scale.
- Your leg position should be like a house around the horse, not a tent. (Visualize a pitched roof line with two vertical "walls" hanging down, versus a triangle.)
- Turns start from your sacrum and pelvis, not from your nose.
- The hips are light beams, showing the horse the direction you want to go.
- The hands and legs are preparation. The seat is execution.
- In the canter-trot transition, don't ride, "Stop canter," ride, "Start trot."

Rider Training Tools

SvD also shared some of her favorite training tools for helping riders to experience a different feel in the saddle...

Pinhole Glasses: The idea behind the pinhole glasses is that the center for vision in the brain is close to the center for balance; and when the eyes soften, the posture and balance improve. The lenses are printed with a honeycomb pattern of pinholes, such that you need to "soften" the eyes in order to see through them. Over and over, riders who donned the glasses experienced immediate results: they achieved a steady head position, the hips released, and posture improved. Before putting on the glasses, if the rider's head tended to tilt one way, it affected the leg (the head tilt "turns the wheels" all the way through the body, like gear wheels in a clock). The glasses improved posture so that everything leveled out, from head to hips to heels.

Franklin Balls: The idea behind these is to activate the relaxation reflexes of the muscles, and help to lengthen the low back and open the hip joints. KC Betzel of Landrum, put it best: "The "balls" were the highlight of the clinic for me. I was afraid I would fall off but they were AMAZING! I have been told to feel like I am "kneeling", been told to feel like the inside of my leg is flat against the saddle, been told that I should feel more like I am using the upper back side of my calf to influence my horse more than my lower calf and heel....so of course the more I have tried to accomplish these feelings (which I never really could accomplish) the more I would tighten muscles and get in my own way! Sitting on the balls, once I became comfortable with this strange sensation, opened up my hip flexors and the front of my thigh and wow, instantly all of the positioning that I have been struggling to feel just "happened" without any tension what so ever!"

Gyrokinesis®: This is a movement method that addresses the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion, and creating functional strength through rhythmic, flowing movement sequences. SvD, who is certified in the Gyrokinesis® method, taught a half hour class to about thirty participants, giving everyone the opportunity to discover new feelings to take back to the saddle.

Two Thumbs Up

Riders and auditors alike shared rave reviews for the weekend... Paula Salter, of Kinston, observed that SvD "could immediately analyze how each rider was affecting his/her horse's manner and movement, and work with individual position changes to bring about improvement. Every horse and rider seemed more relaxed and effective as their sessions progressed."

KC Betzel added, "One thing that impressed me with each and every horse and rider combination, was how comfortable and at ease (SvD) made every rider feel, regardless of their ability, and the vast improvement in the rider position which positively influenced the horse. This was a clinic from which the auditor could glean vast amounts of practical knowledge to take home and work on... I would not hesitate to ride with her again and would encourage everyone to save their pennies to either audit or ride with Susanne!"



This year at Capital Dressage, I had an amazing experience! Though our first rides definitely had a few bumps, by the end of the show my horse—With Bravado, or Bravo—and I actually had some of the best rides we've ever had at a show. We were even able to get our second qualifying score! I think Bravo and I made huge improvements toward one of our main goals, which is to bring more of our warm-up into the ring, and to achieve the same quality of movement and harmony. Our biggest challenge at the show was probably maintaining consistency throughout our rides, and this is still something we really need to work on. I am so grateful for the opportunity to attend this show, and I know that Bravo and I will be able to use the experience we gained in Capital Dressage as we set our sights on Regionals in the fall."



Photo by Monika von Windheim



Photo by Natalia von Windheim

each year. Without them I would not have been recognized at the shows. I enjoyed meeting the other scholars and hanging out with them. Unfortunately, my horse, Dakota had a tooth abscess and we had to leave the show early. He has recovered wonderfully from the surgery and I hope to start back with some light work next week. Showing is a great learning experience. —Katherine Edwards



Suzannah Rogers

Lendon Gray JR/YR clinic

continued from page 5



Anna Weniger



Katriana von Windheim



Mia Braundel



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Dressage at Buckhorn Shows 2017:

NCDCTA Recognized ***visit www.NCDCTA.org

Dates: (Saturdays) Sept . 9 Oct. 14 Nov. 18

Closing Dates: (Tues) Sept. 5 Oct. 10 Nov. 14

Judges: Sue Smithson Jan Jacobson Debby Carter

Dressage Tests: USDF Intro. tests; current USEF Training, First, Second, 1-3. Third and Above, T-O-C. Western Dressage T-O-C

Fees: \$35.00 / dressage test. Includes lunch 5.00 late fee per test if entry or fees received after closing date. Paid entries have priority! Scratch refunds after closing only if times can be filled. All entries obligated to pay. *Guest horse:* 25.00, with signed entry and coggins, Make Checks to Buckhorn Farm, LLC. No credit cards. Mail takes 2 days at least.

Awards: Ribbons 1st-6th place, tricolor for day's high score in the recog. divisions.

***Negative Coggins** within 1 year required. Please enclose copy w/ entry, scan/email or bring to show.

***NCDCTA Recognized...**USEF rules will apply, except braiding and coats not required. *Whips may be carried in dressage tests. *ALL RIDERS MUST WEAR PROTECTIVE HELMETS WHEN MOUNTED ! *All dogs must be leashed. *In case of questionable **weather**, first check email, then see webpage. If show cancelled all checks to be destroyed. *Concessions will be available on the grounds. *Buckhorn Farm, LLC reserves the right to cancel, combine, or divide any class, change officials, or refuse an entry. Horses demonstrating unsafe or uncontrollable behavior may be barred from competition.

Times available Thursdays, sent to the email address you provide and on webpage, please print clearly, esp. your email address.

Show date _____ **Horse:** _____ horse's NCDCTA#: _____

Rider _____ **SR./JR** _____ **NCDCTA#** _____ **Ph# ()** _____

Address _____ **city** _____ **St** _____ **Zip** _____

Owner: _____ **owner's NCDCTA#:** _____ **ph# ()** _____

Address _____ **city** _____ **St** _____ **Zip** _____

Tests: _____ **entry fees** _____ **email:** _____

WARNING! Under North Carolina Law, an equine activity sponsor or equine professional is not liable for an injury to or the death of a participant in equine activities resulting exclusively from the inherent risks of equine activities. *Chapter 99E of the North Carolina Statutes.*

All entries are made at the rider's, owner's and trainer's own risk. I recognize that all horse sports involve inherent, unavoidable risks, and I take full responsibility for myself/my child in consideration for participation and attendance. I agree to hold harmless BuckhornFarm, LLC, it's employees, clinicians, and show staff for any injury, damage loss of life or property that may occur as a result on my participation in horse sports while on the premises of Buckhorn Farm, LLC or on the property of Colin MacNair & Bridget Gibbons MacNair.

Participant signature (guardian if minor) _____

Print name : _____ **Date** _____

HILLCREST FARM SCHOOLING HORSE TRIALS

Mocksville, NC AND CT/or D

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JUDGE: LYNN DOKI

Closing Date: SEPT. 2, 2017

If received after 9/2 - \$10 late fee...even if e-mailed

****Checks made out to: Janet Cagle, please.****

Sec. Grace Leary, 2031 S. Chipley Ford Rd., Statesville 28625 Graceleary1@gmail.com

Org: Janet Cagle, 1164 Cherry Hill Rd., Mocksville, 27028(farm address)1204GPS

336 998-5376 cagle.janet@gmail.com

hillcrestfarms.blogspot.com – pictures of jumps/terrain and info

Divisions: Jumps are straightforward and encourage forward, balanced riding.

2014 TESTS. MAIDEN AND GREEN BEAN – 2015 USDF

TRAINING: Dressage Tr B, 3'3" - Half coffin, water, bank, in/out, trakener.

NOVICE: Dressage N B, 2'11" - Ditch, water, bank, skinny, in/out.

BN: Dressage BN B, 2'7" - Ditch, up/down bank, water (circle in).

MAIDEN: Dressage USDF Intro C, 2' stadium and x-c, no water.

GREEN BEAN: Dressage USDF Intro B, stadium – 18", x-c 5 mandatory (18")

ENTRY FEE: \$100; T, N, BN, M, GB. Late fee: \$10 definite. CT - \$45. / D - \$35

Must make checks to: Janet Cagle and send with COGGINS by closing to Grace.

No refunds after closing date unless wait list for division. Times sent Sept. 5 by e-mail OR posted on website. Order: dressage, stadium, xc.)

PLEASE, NO DOGS ALLOWED. YVPC Concessions – breakfast and lunch!

Limited Stabling Avail.

RIDER _____ PHONE _____

E-MAIL _____ HORSE _____

DIVISION _____ / or CT _____ ADDRESS & STATE _____

All entries are made at the rider's own risk. I agree not to hold Hillcrest/owners/organizer liable for any injury, loss of life, theft, or damage to horses, equipment/spectators/participants. NC law Chpt. 99E

Signature (parent in minor)

Directions: 601S from Mocksville, 7 miles S from town, left on Cherry Hill, 1.3 miles.

From Salisbury: 601N towards Mocksville, 1 ½ mile from Davie Ct. line (on bridge) – turn right on Cherry Hill. From Triangle: #85S to Exit 96 (hwy 64W) to #801S left turn to Cherry Hill 5 miles on left, 2.2 miles to farm on right.



~ Calendar ~

Name		Email	Website
Dressage & CT at the Oaks VII	7/22/2017	danielle@sharonoaksstables.com	www.sharonoaksstables.com
Rain's Field Farm Summer Series D, CT & WD	7/22/2017	brenna.dickerson@gmail.com , graceleary1@gmail.com	
GHF Summer Dressage	6/29-30/2017	goodhorseman@att.net	www.GoodHorseman.org
Raleigh Summer Dressage I	7/29/2017	jemrph@aol.com	www.rosinburg-events.com
Raleigh Summer Dressage II	7/30/2017	jemrph@aol.com	www.rosinburg-events.com
Andrea Velas Clinic	8/4-6/2017	all1herd@gmail.com	
Early Morning Blues	8/5-6/2017		www.carolinadressage.com
HRF D & CT Saturday Sizzle Series III	8/12/2017	hlhamilton07@gmail.com	www.heatherridgefarm.org
Explore the Park Dressage III	8/12/2017	todd@sportofhorses.com	www.SportOfHorses.com
Tryon Summer Dressage 5	8/12-13/2017		www.tryon.com
TTC Dressage & CT VIII	8/19/2017	JohnTTC11@aol.com	www.TTCMocksville.com
Rain's Field Farm Summer Series D, CT & WD	8/26/2017	brenna.dickerson@gmail.com , graceleary1@gmail.com	
Portofino Horse Trials and CT	8/26/2017	portofinoequestriancenter@gmail.com	www.portofinoequestrian.com
Antares Dressage IX	8/27/2017	vicki@antaresdressage.com	www.antaresdressage.com
NCDCTA Labor of Love I&II / YTC	9/2-3/2017	ContactMartie@gmail.com	www.equestriansecretarialservices.com
CoolDown Dressage	9/2-3/2017	kaydq@firstmail.com	www.carolinadressage.com
Dressage at Buckhorn	9/9/2017	bfeenc@gmail.com	www.BuckhornFarmSP.com
Hillcrest Farms Sept Dressage & CT	9/9/2017	cagle.janet@gmail.com	www.hillcrestfarms.blogspot.com
Five Points Horse Trial	9/9-10/2017	abby@carolinahorsepark.com	www.carolinahorsepark.com
Tryon Fall Dressage 2	9/15-17/2017		www.tryon.com
Explore the Park Dressage IV	9/16/2017	todd@sportofhorses.com	www.SportOfHorses.com
Antares Dressage X	9/17/2017	vicki@antaresdressage.com	www.antaresdressage.com
War Horse Event Series September Horse Trials	9/17/2017	abby@carolinahorsepark.com	www.carolinahorsepark.com
TTC Dressage & CT IX	9/23/2017	JohnTTC11@aol.com	www.TTCMocksville.com
Pinehurst Fall Dressage	9/23/2017	patti@sportingservices.net	www.sportingservices.net
Dressage & CT at the Oaks VIII	9/30/2017	danielle@sharonoaksstables.com	www.sharonoaksstables.com
Antares Dressage XI	10/1/2017	vicki@antaresdressage.com	www.antaresdressage.com
NCDCTA Harvest Moon Dressage / GAIGs	10/5-8/2017	martieh@cox.net	www.equestriansecretarialservices.com
Dressage at Buckhorn	10/14/2017	bfeenc@gmail.com	www.BuckhornFarmSP.com
Explore the Park Dressage V	10/14/2017	todd@sportofhorses.com	www.SportOfHorses.com
9th Annual Pink Ribbon Ride	10/14/2017	whisper-ridge@hotmail.com	www.EDCTSA.org
War Horse Event Series Oct Horse Trials	10/15/2017	abby@carolinahorsepark.com	www.carolinahorsepark.com
Whinstone Farm Dressage V	10/15/2017		
Heather Ridge Farm Dressage & CT and Three Phase HT	10/21/2017	hlhamilton07@gmail.com	www.heatherridgefarm.org
TTC Dressage & CT X	10/28/2017	JohnTTC11@aol.com	www.TTCMocksville.com
NCDCTA Autumn Leaves Dressage / Champs	10/28-29/2017	martieh@cox.net	www.equestriansecretarialservices.com
Antares Dressage XII	10/29/2017	vicki@antaresdressage.com	www.antaresdressage.com
Explore the Park Dressage VI	11/4/2017	todd@sportofhorses.com	www.SportOfHorses.com
Dressage & CT at the Oaks IX	7/22/2017	danielle@sharonoaksstables.com	www.sharonoaksstables.com
Canter for the Kids St. Jude's Benefit	11/4/2017	bucknrun@yahoo.com	www.EDCTSA.org
War Horse Event Series Nov Horse Trials	11/11/2017	abby@carolinahorsepark.com	www.carolinahorsepark.com
Whinstone Farm Dressage VI	10/15/2017		
Dressage at Buckhorn	11/18/2017	bfeenc@gmail.com	www.BuckhornFarmSP.com
TTC Dressage & CT I	12/2/2017	JohnTTC11@aol.com	www.TTCMocksville.com
Holiday Happiness	12/2/2017	whisper-ridge@hotmail.com	www.EDCTSA.org
Holiday on Horse Aiken	12/9-10/2017	kaydq@fastmail.fm	www.carolinadressage.com
2017 HOY Gala	1/20/2018		



Lendon Gray's Dressage4Kids clinic.... Simply Amazing!

By Katriana von Windheim

To put it simply, lessoning in the NCDCTA Dressage4Kids clinic with Lendon Gray was amazing! When the clinic was first being organized, in the early stages, when riders were still sending in applications, there was some concern if there would be enough interest for the clinic to go on. Lendon Gray had put on the clinic a year earlier and it was thought that maybe there just wasn't enough demand for her to come back every year. After clinic with Lendon though, I found myself wishing I could ride with her more than once a year, let alone every other year. Though Saturday was technically the first day of the clinic, Friday was arrival day for most of the riders and their horses and gave Lendon a chance to explain the idea behind the Dressage4Kids clinics and what to expect over the next two days. Six of the eight riders were there and the Friday night

dinner gave us a chance to get to know each other. The small group made it easy to meet everyone it is was great to get the chance to meet other junior young riders. Saturday was a whirlwind of activity and there was not nearly as much time for socializing. The first horse was tacked and ready at eight and then the clinic was on. Watching Lendon work with a horse and rider is really a cool thing to watch. Compared to other trainers, I found her instruction to be very subtle. She didn't focus on

fixing the big problems, but rather worked on simply improving basics like forwardness and responsiveness. If a horse wasn't correctly on the bit Lendon didn't address this head on, but rather started exercises such as serpentines which allow the horse to seek balance on its own. As the smaller problems were addressed the bigger

issues would disappear. Every lesson showed that correct riding is not achieved by simply attacking a problem with your horse head on, but rather going back to basics and understanding why the problem started in the first place. When it came time for

my first lesson, I was already more excited than I was at the beginning of the day, but still a bit nervous. While my horse Ollie is absolutely amazing she is not the most forward or flashiest dressage horse out there and that's not something that's going to be fixed in a day or ever, really. This worrying was for nothing. The first three things Lendon noticed about Ollie were her work ethic (which is what I love most about her), her lack of forwardness or impulsion, and the fact that she wasn't the flashiest mover, but the latter two were not a problem. The best thing about lessoning with Lendon was she

didn't focus on what she couldn't fix. Ollie's movement wasn't going to become bigger and flashier but that didn't distract from making sure the correctness of each movement was still there. Even with it being the first lesson, it was easy to see each ride improve in the 45 minutes they had. It was sad to see the last day of the clinic come on Sunday, as it had all

gone by so quickly, but it was also exciting to continue with the lectures and lessons. With Sunday lessons starting it was easy to see already how riders were improving, with everyone starting better than they had the day before. The entire clinic was relaxed and informative and everyone could walk away having learned something. In the end, I think what makes Lendon such an effective teacher is there was no line of what was good or bad but rather what was correct or incorrect. Every

rider put in their best effort and it was great to be surround by other such talented and hard working students. It was an amazing weekend and I would encourage any junior young rider to take any opportunity to ride with Lendon Gray. I would like to thank the NCDCTA for supporting the clinic, Annette Kenny for allowing us to

use her amazing stables and ring, all the lecturers for donating their time and knowledge, Lendon Gray for taking her time to conduct the clinic, and my mom Monika von Windheim for organizing the clinic!

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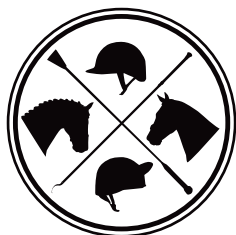


Group photo taken by Monika von Windheim. Riders are from left to right, Katriana von Windheim, Lendon Gray, Olivia Brown, Ella Braundel, Anna Weniger on Claude, Suzannah Rogers, Adysen Roark, Alexa Clegg and Mia Braundel.

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The rolling, sand-based turf will feature inviting courses at the Training, Novice, Beginner Novice, Maiden and Green as Grass levels. Training, Novice and Beginner Novice courses will include water, banks, and ditches. The Maiden course will have an optional 'run-thru' at the water complex. There may be a small bank on the Green as Grass course.

Come out and enjoy the Fall Horse Trial to start the fall eventing season or simply as a way to enable you and your horse to experience the thrill of Cross Country. And don't forget to come out for the XC Schooling Day one week before the Horse Trial! See the website for details.

September 30, 2017



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