

THE NEWS

JULY 2020



North Carolina Dressage and Combined Training Association

News Flash!

NCDCTA to host USDF Breeders East Cost Championships!

NCDCTA is honored to be chosen to host this year's, USDF BREEDERS EAST COAST CHAMPIONSHIPS during our Labor of Love I show on 8/29/2020.

Please see back cover, for more details and visit:
www.ncdcta.org/lol

Mark your calendars for these NCDCTA Clinics & Championship Shows!
For more details on all events please visit: www.ncdcta.org

NCDCTA Dressage Clinic Series

Featuring Members of the U.S. Dressage Team

Nora Batchelder: July 18-19, Ovation Farm, Sanford, NC

Katherine Bateson-Chandler: Sept. 26-27, Rouxtano Farm, Hillsborough, NC

Each Clinic will showcase demo riders from Training to FEI levels. Sessions will be geared towards auditors with an underlying theme throughout the rides and opportunity for Q&A.

See flier on page 5, for more information!

Sign up to audit, visit: <https://www.ncdcta.org/2020-dressage-clinics>

NCDCTA Dressage Championship Shows

Labor of Love I & USDF BREEDERS EAST COAST CHAMPIONSHIPS

8/29/2020, Hunt Horse Complex, Raleigh, NC, www.ncdcta.org/lol

Labor of Love II

8/30/2020, Hunt Horse Complex, Raleigh, NC, www.ncdcta.org/lol

Harvest Moon – Colonel Bengt Ljungquist Memorial Championship

10/23-25/2020, Bob Martin Eastern Agricultural Center, Williamston, NC, www.ncdcta.org/hm

Autumn Leaves – NCDCTA Dressage Championship

11/14-15/2020, Carolina Horse Park, Raeford, NC, www.ncdcta.org/al

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NCDCTA 2020 Board of Directors

Visit www.NCDCTA.org for contact information



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NCDCTA Newsletter Deadline is July 10th for the August Issue!

NCDCTA Media Coordinator - Helen Ingersoll
Sponsorships and advertising needs at media@ncdcta.org

NCDCTA Newsletter Editor - Shannon St. Clair Hoffman
news@ncdcta.org or (919) 754-7568

Annual NCDCTA Membership (2020 Memberships are now due) (Expires 11/30 annually)
Senior Member - \$59, Junior Member - \$49, Family Member - \$39
(Family member **must** reside at the same address as *active* Senior Member)

Join/Renew Today at: www.ncdcta.org/membership

Annual NCDCTA Horse of the Year Registration (Expires 11/30 annually)
Horse Registration - \$50 or one volunteer card
Register Your Horse Today at: www.ncdcta.org/horse-registration

Note: To qualify for Horse of the Year (HOY), Rider/Owner must be active members and Horse must be registered **at the time points are earned**.

NCDCTA - Championship Requirements

**Do you want to compete in the NCDCTA Dressage or Eventing Championships?
These are the important things to remember.**

1. Rider and Owner must be active NCDCTA members **at the time HOY points are earned**.
2. Horse must be registered for 2020 **at the time HOY points are earned**
3. Dressage: Horse/Rider team must have at least one (1) HOY point in the division they wish to compete in the NCDCTA Dressage Championship.
4. Eventing: Horse/Rider team must **complete** an NCDCTA-Recognized Horse Trial and have at least one (1) HOY point in the division they wish to compete in the NCDCTA Eventing Championship.

Make sure your membership is active and your horse is registered for 2020! Do it Today!
www.ncdcta.org

What's your **NEW NORMAL** with your HORSE?

By: Ginger Long

Your horse may ask, "Where have you been?" When you finally made it back to the barn, you were all wiggled out from the craziness of the world! Your horse turns the other way and canters back out to the field, thinking, "Who is that!" You just became a threat and without knowing it or meaning to, miscommunicated with the horse you love.

Does your horse feel the changes in the world? How could he not?!?

Anytime our emotional balance is being challenged, our horse senses it.

So why does this matter?

What is the fundamental layer of being with a Horse? ~RELAXATION~

Relaxation is the state of being free from tension and anxiety

I don't know about you, but the past 2 months has been anything but relaxing. This leads us to our discussion.

What do you inadvertently bring to your horse to cause him to canter back out into the field to his herd?

Well I know for me I have to do a self-check daily and moment by moment right now.

Even when I just go to catch a horse, I ask myself these things:

- Am I agitated?
- Can I be in the moment?
- Is there anger or sadness (or other emotional responses) in my mind and heart right now?

Emotional control is part of our leadership skills with our horse. The horse is after all, a horse. He doesn't understand human inconsistency. Human behavior often falls short by bringing our agenda, human emotions and intentions to our horse. Realizing how and when we attribute our emotions and behaviors, to our horse brings us from miscommunication to communication. Anthropomorphism is the attribution of human traits, emotions, or intentions to non-human entities. That's not a "fair deal" to our horses. Adjust yourself to your horse and don't expect him to understand why you feel like a crazy person right now. If you can't control you, then seek out supervision, a buddy or take a lesson to help you sort out a positive focused interaction with your horse. Even an off the horse session will calm you down, change your perspective and help you exercise back toward balance.

Practice accountability for positive interaction.

Our ability to have self-control and regulate our emotions, in turn, affects how the people around us and especially our horse, perceives us.

- Are we being fair?
- How do we separate out emotional responses and distinguish the transition from chaos in the world and into the peace of our horses' environment, so we are not perceived as a threat?
- What's your agenda?

If the emotion is appropriate to the situation and helps you feel better, there's no need to worry about changing the way you handle things. Laughing when others are laughing is one example of an appropriate reaction that helps you feel better. Expressing road rage on the way to the barn may also make you feel better, but it's not appropriate or particularly adaptive.

Emotional transitions are when an emotional state is altered for some reason (the transition may even be what alters the emotion). Examples might be missing your horse, frustration with an activity such as catching a horse, tacking up, another person in the barn or really any change, fear of new experience, too many stimuli, or the inability to express oneself with words.

Your horse will feel the cortisol and emotional dump that just occurred. This is also true if you go to catch your horse after checking social media and reading all those negative current events.

Your heart rate and breathing changed just with the mention of it.

Your horse can't help but feel your alerted state.

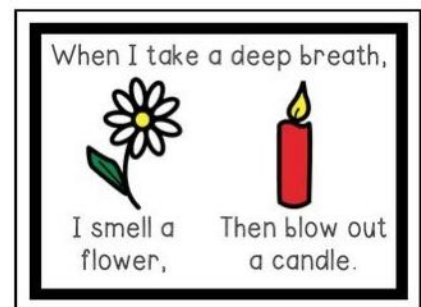
- What do you do?

You could express your anxiety, anger, fear, sadness and frustration in other ways that allow you to release those feelings, or instead try to find a way to calm yourself down.

Start a **NEW NORMAL** with self-control in your breath. For us horsemen and women, we can imagine breathing in the smell of our horse and the *Continued...*



Equetec
"In Pursuit of Harmony"



Continued from Page 3

surrounding breeze, listening to the bird, and realizing we can embrace this moment as an opportunity to practice peace. Mindfulness of breath and peace will release you and your horse toward relaxation and harmony.

The first thing to consider is how to start a NEW NORMAL. Make a new routine TODAY.

During a phase of life that is stressful, add in a stop interrupt.

- A sticky note at your grooming box to remind you to breath and smile
- Hang a picture in the tack room that reminds you of a happy place and time
- A spot in the barn designated where you breathe and stretch prior to getting your horse
- A friend you call that calms you down and makes you laugh on the way to the barn
- Music that makes you SMILE and sing out loud

Mindfulness is good place to start a new normal.



Ask yourself, "How can I adapt, interrupt negativity and set aside a positive emotional response to give my horse the time and energy that he requires for relaxation?" You are the human. You lead the dance. Take a breath, breathe in the flower, blow out the candle and plan steps toward a new routine that keeps the world from stealing your quality time with your horse.

An easy way to start a NEW NORMAL is to bring yourself into mindfulness. Breathe. Take the time it takes. HARMONY starts with getting in tune. Tune into your horse's needs, what's he trying to tell you, and how he feels. Listen. Mindfulness initiated with breathing becomes a self-check and preparation toward peace.

To make music and lead in harmony, the conductor sets the rhythm and tone. Sing your new normal, today.

Ginger Long is a dressage and combined training horse trainer, riding instructor, coach and movement specialist. She is certified by the esteemed, British Horse Society, from Wellington Riding in Basingstoke, England. Ginger teaches balanced seat lessons and horse behavioral principles by instructing in a whole horse, multi-disciplinary approach. Equetec, LongHaven Farm www.equetec.com (919) 619-8223



NCDCTA HARVEST MOON Colonel Bengt Ljungquist Memorial Championship

Oct. 23-25, 2020

Bob Martin Eastern Agricultural Center
2900 NC Highway 125 S, Williamston, NC 27892

Judges:

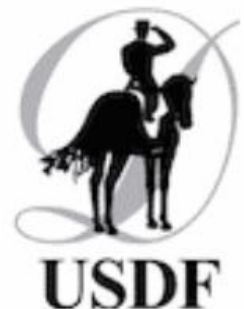
Melonie Kessler - S, OR
Sandy Osborn - S, GA
Sue Smithson - r, NC (TD)

Show Manager: Kathy Grisolia

Show Secretary: Teresa Uddo

Phone: 631-338-6340

Email: kgrisolia@aol.com



For CBLM Qualifying dates: December 1, 2018 – September 21, 2020

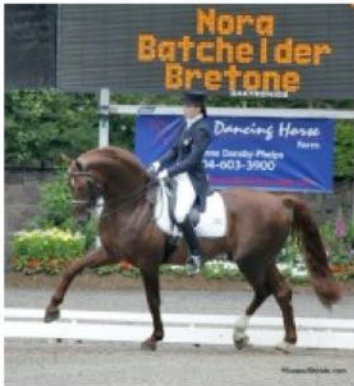
Please check www.CBLM.org to verify your qualification status

Entry Information and rules visit: www.ncdcta.org/hm



NCDCTA DRESSAGE CLINIC SERIES

Featuring members of the
U.S. DRESSAGE TEAM



July 18-19: NORA BATCHELDER
Ovation Farm, Sanford, NC

Nora Batchelder is a Grand Prix trainer based at River House Hanoverians in Wellington, FL. Batchelder competed at the North American Youth Championships and the USEF Young Adult "Brentina Cup" National Championships. She and Faro SQF competed as part of the silver-medal winning U.S. Team at the Lima 2019 Pan American Games.



Sept 26-27: KATHERINE BATESON-CHANDLER
Rouxtano Farm, Hillsborough, NC

Katherine Bateson-Chandler is an internationally successful dressage rider and trainer, who currently trains in Europe during the summer with British Olympic Team Gold Medalist Carl Hester. She has competed at some of the world's most prestigious dressage competitions, including as a member of the U.S. Team at multiple Nations Cups and at the 2010 WEG.

Each clinic will showcase demo riders from Training to FEI levels. Sessions will be geared towards auditors, with an overlying theme throughout the rides and opportunity for Q&A.

RIDER APPLICATIONS: Each clinic will feature rider(s) at the following levels: Training-First, Second, Third-Fourth, and FEI. Rider applications can be found on the NCDCTA website and are due three weeks before each clinic.

June 27 - application due to ride with Nora Batchelder

September 5 - application due to ride with Katherine Bateson-Chandler

COVID-19 PRECAUTIONS: NCDCTA is following governmental, USEF, and USDF guidelines and precautions. We plan to live-stream all clinic sessions so that members can watch and learn from afar. We will make a decision on allowing on-site auditors closer to the clinic dates.

For more information, please contact Ashely Dimmette (adimmette@gmail.com) or Emme Johnston (mignon.johnston@gmail.com). Stay tuned for updates on the NCDCTA website and Facebook page.

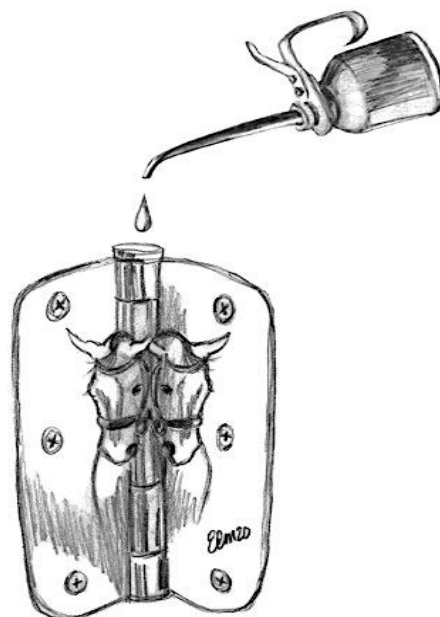
Visualize Your Way to More Effective Dressage

By Lynn Leath
A Well Oiled Hinge

The poll of the horse should be able to flex... and counter flex... like a well-oiled hinge. The flexion needs to be independent from the neck bend - with no tilt. Be sure to “finish” each request you apply with a release from the horse... followed by a release from you.

Author: USDF Gold Medalist, Lynn Leath has been the owner/trainer of North Star Training Center in Chapel Hill for over 35 years. She frequently employs the use of “imagery” to help illustrate riding and training techniques to her students.

Illustration by Elizabeth Moore, who has a BFA in Illustration , is a USDF Silver medalist, “L” grad w/distinction, and USEF “r” Eventing judge from New Hill. Artwork owned exclusively by the artist.



Kelsie Johns
Ana Richardson
Sarah Blanchard
Ashley Dimmette
Shaina Oberlender
Will Barrus
Candy Allen
Karen Stroud
Coralie Purcell
Anne Chapman
Elizabeth Smith
Tonya LaTorre
Valerie DeCarlo
Rhonda Dretel
Lisa Glenn
Nicole Josey

Mikaela Kasalek
Jenifer Boyle
Lori Kesick
Sabine Maas
Lois Mercer
Jennifer Mitchell
Penny Page
Steve Hutzler
Rebecca Mahaffey
Iva Knapp
Heather Hamilton
Helen Ingersoll
Melissa Johnson
Bobbie Mudge
Jaqi Adamek
Ana Kaplon

CarlieJo Lindsey
Daniela Leidy
Elaine Hayes
Sara Wobker
Sydney Davis
Virginia Godfrey
Laura Clark
Lesha Williams
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Ina Kamenz
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Robert Bezzeg
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Julia Dearborn
Jesse Lienhard
Mel Harper



FIT TO RIDE

By: Julie Luther

Stamina – The ability to sustain long physical or mental effort.

In the nutshell that is what we do on horseback. Not only are we using our bodies, but we are constantly thinking and assessing and making quick decisions. And the faster our horses go the faster our bodies and minds must respond. No wonder a cross country course or a level 3 dressage test is so exhausting. This month I will give you some advice on improving your mental & physical stamina for riding.

#1 – Visualize, just sit, and create a vivid picture in your mind of riding. You can even move your body in the way it would move during your ride, but the most important thing to do is simply to sit and think. Research studies on sports performance indicate that visualizing your routine does MORE to improve your execution than actually undertaking it. Both your body and mind will improve after visualizing for as little as 10 minutes a day for a 2-week period.

#2 – Perform cardiovascular exercise. Cardiovascular exercise is the backbone of a healthy body. You may think that all of the chores you do impacts your cardiovascular health but, truth be known, you must keep your heart pumping at a certain rate consistently or perform interval training to impact your heart enough to improve your stamina. I recommend a wide variety of activities to best stimulate your heart. Walking, jogging, elliptical, aerobic dance, rowers, stair climbers, lateral ellipticals and even seated ellipticals are all great tools to get your whole body in shape for riding. You need a minimum of 3 days a week for 30 minutes in your target zones to begin the process. You can wear a heart rate monitor or go by perceived exertion scales that you can find online to help you work out at the correct intensity. My personal program includes, jogging, spinning, a huge variety of cardio equipment (perhaps treadmill, elliptical, stair climber, rower, and lateral elliptical all for 5 – 15 minutes each), and aerobic dance. The greater the variety the more stamina you will have for any life events including your cross-country course. Build slowly until you are performing cardio 4 days a week for 40 minutes.

#3 – Finally there is something called “specificity of training” this means that if you want more stamina for cross country you must DO cross country on a regular basis. A marathon runner does not do well at bike riding, and a swimmer is not particularly good at marathon running (unless of course they are triathletes wish train in all 3 disciplines). You must train for a specific sport performing that specific sport to gain adequate stamina to win at that sport. So, every week challenge yourself to trot and/or canter for longer and longer periods of time so your body will adapt better stamina specific to horseback riding.

This may sound like a lot of extra work but believe me you will develop such a great work ethic and power of body and mind that you will not regret it.

Julie Luther is an Exercise Physiologist, corrective exercise specialist and dynamic flexibility certified personal trainer, as well as an equestrian. She owns PurEnergy fitness Center in Greensboro, NC and has been helping folks reach their fitness goals since 1985. You can reach her at julieluther.com and check out her website at www.julieluther.com

Make sure you
look and don't
miss a deadline!

2020 Scholarship &

Grant Schedule

Scholarship & grant applications are due on the following dates:

7/9/2020 – Labor of Love Jr/YR

Competition Scholarship
www.ncdcta.org/junior-scholarship

8/1/2020 - Fall Eventing Grant
www.ncdcta.org/eventing-grant

8/31/2020 – Harvest Moon Jr/YR
Competition Scholarship
www.ncdcta.org/junior-scholarship

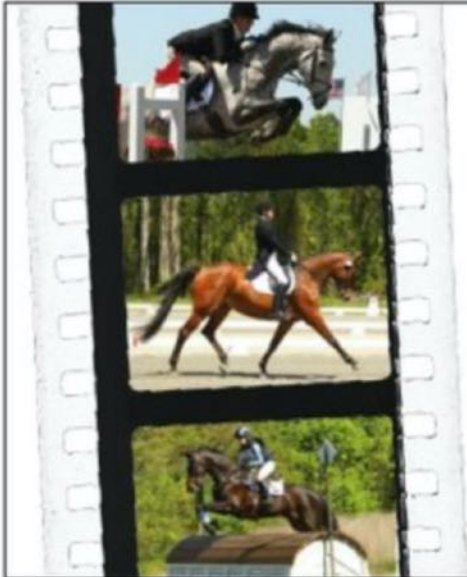
9/30/2020 – Autumn Leaves Jr/YR
Competition Scholarship
www.ncdcta.org/junior-scholarship

11/30/2020 – Annual Scholarship
www.ncdcta.org/education-scholarship

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Can I Do What I Ask My Horse to Do? How Pilates Has Changed My Riding and Training

By Anne DeKeyser

We all have that friend, the one that keeps harping on you to do something, don't we? Mine is Michelle, a non-equestrian (I actually do have those friends too!). She's a Physical Therapy Assistant, Pilates Instructor, and fellow dog walker (12 years and counting). On many of our dog walks we like to discuss body awareness and the effects it has on horseback riding. She kept telling me that I needed to try Pilates. I think it was put, "As a Type A personality, you would love it," which were her words not mine. As a trainer who would ride up to 8 horses per day I thought I was fit... I was using my core, right? And who has time for one more thing? Those were my thoughts until I ended up in the ER after I bent over to tie my shoes and couldn't get up off the floor. After a MRI (not a fun time) and a doctor who told me I had a compressed disc in my lower lumbar and surgery was probably in my future, I took my friend's advice and called the local Pilates studio.

Starting was not easy. It was confusing...the instructor was so picky, and I didn't sweat--how could this be exercise? For the sake of my back, I made time for it, religiously going to three mat classes per week. Soon I saw improvements: I was standing straighter, I was stronger, and my lower back didn't hurt anymore. I was introduced to the reformer (a piece of equipment that looks like a medieval torture device) and found a way to enhance my symmetry and balance. I also began taking this new awareness over to my mat workouts. I became more aware of my body in general and more importantly, I was aware of my body on the horse. Was I centered (over the horse), concentrating, in control (of my body), precise (of what I was asking), flowing (with the horse) and breathing? These are all the 6 Principles of Pilates. What I also discovered is that many of the same exercises I was doing in Pilates were working the exact same muscles I was asking my horses to use: rounding the back, lifting through the topline, engaging the core, connecting muscles diagonally, being straight and trying to move!

There were days my body just wouldn't cooperate--try rolling like a ball when your back wants to be a square or thinking you're straight and when corrected you feel crooked. When my Pilates instructor would ask for a new or advanced exercise, sometimes I didn't get it correctly the first time, or the second. Sometimes not even that session and we would break it down to a basic exercise then try again next session. We didn't drill it to where I was exhausted at trying. It got hard, and it got frustrating, but this gave me a better awareness of where my horses were physically and mentally. I realized some days their bodies just couldn't do the exercise I put in front of them and they also would become frustrated. It was ok, I just needed to break it down to the basics or sometimes abort that exercise and bring it out again another day.

In early 2016 I broke my neck (C2) in a freak riding accident and was sent home on very strict house arrest. The neurosurgeon who oversaw my case told me I needed to start thinking of a lifestyle change. Taking that as a challenge, I practiced Pilates from my chair and standing at the kitchen counter. Four months later and after weeks of regular physical therapy (thank you Michelle) I was sent straight back to the studio to finish my recovery. Pilates helped me come back stronger and quicker than ever and gave me the confidence I needed the first time I got back on a horse. Later that year I decided to become a certified Pilates instructor. Studying anatomy, assessing body types and conformation, and building on the fundamentals added a whole new level to my riding, training, and teaching.

What is Pilates?

The Pilates Method, founded by Joseph H Pilates in the 1920's is based on a unique and proven philosophy of exercises and training that incorporates a precise and highly refined approach to teaching movement.

The exercises are designed to uniformly strengthen the entire body, training several muscles at once so that no muscle group is over or under trained. A body with balanced strength and flexibility is less likely to be injured and better able to move efficiently. Exercises become progressively demanding and at the advanced levels they ask that the core be engaged while flexing, bending, rotating, and extending the spine as well as giving the fullest range of motion possible in all joints of the body. Can you see the amazing correlation between Pilates and say, dressage or jumping?

Most people hear the word "core" and they immediately associate their core only with abdominal muscles, but your core consists of many more muscles. Your core will help in facilitating movement. In addition, it provides a home for your inner organs and central nervous system. In other words, a strong core helps you to do just about everything. When you start Pilates, you will work muscles you never knew you had!

Pilates creates:

*Strength

*Flexibility/Suppleness

*Coordination/Balance

*Stamina/Energy

*Straightness/Alignment

*Body Control/Self Carriage

Sound familiar? Isn't this what we want in our horses?

If we expect all of the above of our horses, how much more should we expect this of ourselves as well?

Anne DeKeyser is ADK Dressage in Southern Pines, NC and a head instructor at Thrive Pilates Studio in Aberdeen, NC. thrivepilatesnc.com

NCDCTA BOARD MEETING MINUTES

June 2, 2020

The NCDCTA Executive Board met by teleconference this month. Board members present were Amanda Miller, Wendy Warner, Ashley Dimmette, Amy Warren, Karen Mahaffey, Jessica Brown, Tiana Darling, Helen Ingersoll, Alex Martini, Emme Johnston, Joan Hilsman and Will Barrus. Excused was Rachel Edwards.

Amanda Miller called the meeting to order at 6:33PM.

PRESIDENTS REPORT: Amanda Miller reminded the board that shows start back June 1 after the shutdown and we continue to follow USEF policies.

VICE PRESIDENT'S REPORT: Joan reported that we have:

Adult Amateur: 416

Jr/YR: 94

Open: 154

Total Members: 664

Paid Horses: 242

Volunteer Card Horses: 82

Total Horses: 324

She also held a membership meeting via zoom to discuss ideas and are working on tasks for the next meeting. Will continue early membership discount for 2021. You will agree to terms and conditions when renewing membership.

TREASURER'S REPORT: Wendy Warner reported that she had a few new memberships and horse registrations. Regular expenses have been paid and refunded show recognition fees for May. Her goal is to revise budget.

COMMUNICATION CHAIR: Helen Ingersoll reported she is gathering more information about communication efforts to our members. She is working on a survey for our members.

COMPETITION REPORT: Karen Mahaffey reported Devon cancelled. We were asked to host the East Coast Breeders Championship in conjunction with Labor of Love show so breeders have somewhere to go. Wendy proposed we go forward and Amanda seconds vote. All in favor. We also want to observe shows going forward as they open.

HOY GALA REPORT: Jessica Brown is working on booking date for January, but with Covid and restrictions it is difficult. Will hold off on some details to see how the state reopens. Will suggested for this year only to suspend minimum points for HOY. We will monitor and discuss making a vote for some modifications next meeting.

JR/YR COMMITTEE REPORT: Tiana Darling is still on hold for JR/YR gatherings. Will try for next month with things opening up. Heather Ridge is holding a JR/YR only show in July.

DRESSAGE EDUCATION REPORT: Ashley Dimmette and Emme Johnston reported they are on track for clinic July 18-19 with Nora Batchler at Suzie Wiedmann's Farm. Auditor registration is limited but looking at ways to livestream. Online registration is on website. Looking for another clinic in September.

EVENTING CHAIR REPORT: Amy Warren reported War Horse begins next weekend. She is also wanting to increase Eventing Champs at November War Horse to top ten.

MEMBERSHIP SECRETARY: Will Barrus reported HOY is up to date on website. Will be sending out email blast to members.

Amanda Miller adjourned the meeting at 7:38PM. The next meeting is scheduled for July 7, either via teleconference or location TBA.

Respectfully submitted by Amanda Miller.

NCDCTA CALENDAR

FULL SCHEDULE CAN BE FOUND AT www.NCDCTA.org/calender

***Legend: No Style:** Schooling, **Bold:** National, **Italics:** Clinic, **Bold/Underline:** Special Event/Championship

7/1/2020 - HRF Wednesday D/CT/HT: Heather L Hamilton, 910-224-1719, hlhamilton07@gmail.com, www.HeatherRidgeFarm.com

7/9/2020 - *DUE: Labor of Love Jr/YR Scholarship App: Tiana Renee Darling, 910-705-6817, jryr@ncdcta.org, <https://www.ncdcta.org/junior-scholarship>*

7/10/2020 - *OPEN: Labor of Love i & II: Lori Kaminski, 302-545-8855, kaminski.lori@gmail.com, www.ncdcta.org/lori*

7/10-12/2020 - Dressage at Lexington: Dianne Boyd, 703-777-4846, greyhorse11@earthlink.net, <http://www.virginiadressage.org/wp/vada-shows/dal/>
7/11-12/2020 - Only In America: Christine Joyce Rhodes, 484-365-3173, secretary@stableviewfarm.com, <https://stableviewfarm.com/>
7/11-12/2020 - Rise 'n Shine: Kay Whitlock, 9106928467, kaydq@fastmail.fm, www.carolinadressage.com
 7/11-12/2020 - SPEA July WHES: Abby M Schlicht, 910-875-2074, abby@carolinahorsepark.com, www.carolinahorsepark.com
 7/18/2020 - The Oaks - Dressage & CT: Danielle M Jones, 919-260-4040, danielle@sharonoaksstables.com, www.SharonOaksStables.com
 7/18-19/2020 - NCDCTA Clinic - Nora Batchelder: Ashley Lynne Dimmette, 704-340-7270, adimmette@gmail.com,
 7/19/2020 - Antares Dressage: Vicki M Kelley, 910-610-8511, vicki@antaresdressage.com, www.antaresdressage.com
7/22-23/2020 - Dressage in the Spring at Bruce's Field: M Teresa Uddo, 352-636-2669, tuddo66@gmail.com, <http://www.aikenhorsepark.org/>
7/25/2020 - Raleigh Summer Dressage I: Janine W Malone, 919-602-6203, jemrph@aol.com, www.rosinburg-events.com
7/26/2020 - Raleigh Summer Dressage II: Janine W Malone, 919-602-6203, jemrph@aol.com, www.rosinburg-events.com
 8/1/2020 - DUE: Fall Eventing Grant Application: Amy Howes Warren, 704-617-2200, aehowes@gmail.com, <https://www.ncdcta.org/eventing-grant>
 8/1/2020 - Portofino Dressage & CT: Sandra S Thompson, 919-359-9090, portofinoequestriancenter@gmail.com, www.portofinoequestrian.com
 8/2/2020 - Antares Dressage: Vicki M Kelley, 910-610-8511, vicki@antaresdressage.com, www.antaresdressage.com
 8/5/2020 - HRF Wednesday D/CT/HT: Heather L Hamilton, 910-224-1719, hllhamilton07@gmail.com, www.HeatherRidgeFarm.com
 8/8/2020 - Steeple Hill D/CT: Renee B Weidel, 336-210-9555, shf1983orion@gmail.com, <http://www.steeplehillfarm.com/>
8/8/2020 - Tryon Summer Dressage 3: Monica Meyers Fitzgerald, 954-647-7940, mon1206@aol.com, <http://tryon.couth.com/>
8/8-9/2020 - Early Morning Blues: Kay Whitlock, 9106928467, kaydq@fastmail.fm, www.carolinadressage.com
8/8-9/2020 - Windridge Summer HT: Alicia Henderson, 828-674-1885, windridgefarmsnc@gmail.com, <http://windridgefarmsnc.com/>
8/9/2020 - Tryon Summer Dressage 4: Monica Meyers Fitzgerald, 954-647-7940, mon1206@aol.com, <http://tryon.couth.com/>
8/12-13/2020 - Too Hot To Trot: Christine Joyce Rhodes, 484-365-3173, secretary@stableviewfarm.com, <https://stableviewfarm.com/>
 8/15/2020 - Britches & Bridles Dressage Series III: Heidi Evans Medlin, 704-609-6175, medlinheidi@yahoo.com, <http://unioncountysaddleclub.weebly.com/>
 8/15/2020 - Explore the Park Dressage: Todd A Erickson, 919-889-9445, tah@sportofhorses.com, www.SportOfHorses.com
 8/15/2020 - TTC D/CT/Jumper: Beth R McCashin, 337-978-3278, johnnttc@aol.com, www.TTCMocksville.com
8/15-16/2020 - Made in the Shade: Margaret A Crevar, 919-623-5257, Margaret.Crevar@sas.com, <https://www.EquestrianSecretarialServices.com>
8/15-16/2020 - Too Hot To Trot II: Christine Joyce Rhodes, 484-365-3173, secretary@stableviewfarm.com, <https://stableviewfarm.com/>
 8/22/2020 - Dressage & CT at the Oaks: Danielle M Jones, 919-260-4040, danielle@sharonoaksstables.com, www.SharonOaksStables.com
 8/22-23/2020 - SPEA Aug WHES: Abby M Schlicht, 910-875-2074, abby@carolinahorsepark.com, www.carolinahorsepark.com
8/29/2020 - Labor of Love I: Lori Kaminski, 302-545-8855, kaminski.lori@gmail.com, www.ncdcta.org/lol
8/30/2020 - Labor of Love II: Lori Kaminski, 302-545-8855, kaminski.lori@gmail.com, www.ncdcta.org/lol
 8/31/2020 - DUE: Harvest Moon Jr/YR Scholarship App: Tiana Renee Darling, 910-705-6817, jyr@ncdcta.org, <https://www.ncdcta.org/junior-scholarship>

FULL SCHEDULE CAN BE FOUND AT www.NCDCTA.org/calender

North Carolina Dressage and
Combined Training Association
NCDCTA Membership Secretary
P.O. Box 5813, High Point, NC 27262-5813

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Labor of Love I - 8/29/2020 & Labor of Love II - 8/30/2020

USDF Breeders East Coast Division Championship 8/29/2020

Hunt Horse Complex, 4601 Trinity Rd Raleigh, NC 27607

USEF/USDF # 286405/338055 - Level 2

Opening Date: July 10, 2020 - Closing Date: August 12, 2020 (Entries RECEIVED by)

Online entries only will be accepted through www.eqentries.com

Prize List Qualifying Competition for: 2020 USDF/GAIG Regional Championships, Qualifying Competition for 2020 USDF Breeders Championships, USDFBC East Coast Series Championship Final (Saturday) Qualifying Competition for the 2020 CBLM Championships, NCDCTA Junior Scholarships, National, Dressage Pony Cup Partner Show, AQHA Recognized

In accordance with state, local and USEF requirements, there are a number of COVID-19 guidelines and rules that will be implemented to keep competitors, staff and volunteers as safe as possible.

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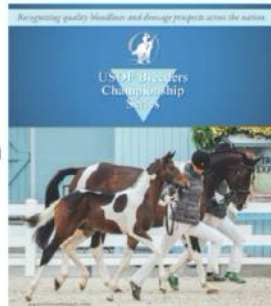
INSURANCE SPECIALISTS, LLC

Judges:

Alison Head - S, SC
Robin Brueckmann - S, NC
Carol Bishop - R, NC
Janine Malone - R(DSHB) R-DR, NC
Anne Moss - r(DHSB), R-DR, PA
Lisa Rogers - R, NC (TD)
Others - TBA

Show Manager/Entry Secretary:

Lori Kaminski
410 Charter Hall Rd,
Perryville, MD 21903
Phone: 302-545-8855
Email: Kaminski.lori@gmail.com
Assistant Secretary
Kathy Grisolia
Email: kgrisolia@aol.com



Website: www.NCDCTA.org/loI
Online Entries: www.eqentries.com