

# THE NEWS



North Carolina Dressage and Combined Training Association

[www.NCDCTA.org](http://www.NCDCTA.org)

2nd Quarter Issue, 2023

*Make your plans now to attend the Equine Education Festival!*

In honor and remembrance of two gifted NCDCTA Horsewomen

**Kay Meredith & Lynn Leath**



## EQUINE EDUCATION FESTIVAL

Fun Filled and Educational weekend for the Equine Enthusiast!

Hosted by: North Carolina Dressage and Combined Training Association  
PortoFino Equestrian Center, Clayton, NC

**July 21 - 23, 2023**

ALL ARE WELCOME!

Mark your Calendars now!

Phillip Dutton (Eventing) is one of the top-ranked eventers in US History. Phillip is a 7-time Olympian and 3-time Olympic Medalist and has represented the US on several WEG and Pan-AM teams with great success. Phillip was USEA Leading Rider of the Year in 1998, 2000-2010, and 2012. He was name Top FEI Event Rider in 2005, 2nd in 2016. Phillip and his wife Evie, run New Prospect Farm in West Grove, Pennsylvania.

**Eventing with Phillip Dutton**



**Dressage with Leslie Morse**

Leslie Morse is one of the United States most accomplished dressage riders and has represented the United States at five FEI World Cup Finals, earned a Team Bronze Medal at the FEI World Equestrian Games in Aachen, Germany, won the Exquis World Dressage Masters Grand Prix Special twice, was a two-time alternate to the U.S. Olympic team, and been a multiple National Grand Prix Champion.

An equestrian for over 40 years, Daniel Stewart combined 25 years as an international coach and clinician with a degree in physical education to create a series of equestrian clinics, lectures and training camps. As the internationally acclaimed author of Pressure Proof, Ride Right, Fit and Focused, and Bolder, Braver, Brighter he's widely considered one of the worlds leading experts on equestrian sport psychology, athletics, and performance.

**Sports Psychology Rider Fitness Daniel Stewart**



**Auditors, Ed. Seminars & Shopping**

To apply to be a participant or buy tickets to attend  
Check the website for updates: [www.ncdcta.org](http://www.ncdcta.org)

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## NCDCTA LABOR OF LOVE I & II

SEPTEMBER 2 & 3, 2023

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# NCDCTA 2023 BOARD OF DIRECTORS

VISIT [WWW.NCDCTA.ORG](http://WWW.NCDCTA.ORG) FOR CONTACT INFORMATION

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## NCDCTA NEWSLETTER DEADLINE IS MAY 1ST FOR THE 2ND QUARTER ISSUE!

NEWSLETTER ADVERTISING RATES: MEMBERS RECEIVE A 10% DISCOUNT.

MEMBER RATES: \$135 FULL PAGE, \$90 HALF PAGE, \$54 QUARTER PAGE

NON-MEMBER RATES: \$150 FULL PAGE, \$100 HALF PAGE, \$60 QUARTER PAGE

NEWSLETTER EDITOR - SHANNON ST. CLAIR HOFFMAN - [NEWS@NCDCTA.ORG](mailto:NEWS@NCDCTA.ORG) OR (919) 754-7568

### ANNUAL NCDCTA MEMBERSHIP: (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](http://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](http://WWW.NCDCTA.ORG/HORSE-REGISTRATION)

#### REMINDER:

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.

## Newsletter Advertising Rates:

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To place an Ad:  
 Shannon Hoffman  
[news@ncdcta.org](mailto:news@ncdcta.org)



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## President's Message

Happy Mid year to all our wonderful members.

As we enter the second half of 2023 we have several events to look forward to. The First ever NCDCTA Equine Festival is about to take place. Our board, specifically Amy Brumbach and Ali Perkins have planned a huge event that promises many education opportunities as well as vendors, shopping and weekend fun. Please come out to the beautiful Portofino Equestrian Center in Clayton on July 21 – 23. We have so much planned and hope to see all equestrian enthusiasts there. [Festival Info and Tickets Here](#)

Erica Pawlak has already run a very successful Capital Dressage Classic, our first dressage show of the year. We have 2 more shows coming in September (Labor of Love I & II and Harvest Moon) and then our championship show in November (Autumn Leaves, NCDCTA Dressage Championship). Look on the website for details [www.ncdcta.org](http://www.ncdcta.org) Hope to see you there, either competing, volunteering or cheering your friends on.

There are always opportunities for getting involved with the NCDCTA. We are a volunteer organization, which means we all give of our time to bring to you events, shows, educational activities, awards, Gala celebrations, to name a few. We can't do it without your help. Please get involved, come out and meet new people, learn more about your sport! We want and need you!

I can not end without thanking all the amazing people on the board. I am eternally grateful for all of the board members that give unselfishly of their time, knowledge and money. It is truly a great team and they all do it for you! I look forward to an awesome second half of 2023.

Lynn Kerin  
President NCDCTA



# NCDCTA LABOR OF LOVE I & II



HUNT HORSE COMPLEX, N.C. STATE FAIRGROUNDS, RALEIGH, NC  
**SEPTEMBER 2 & 3, 2023**

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USEF/USDF AND NCDCTA RECOGNIZED, AQHA APPROVED

- JULY 23, 2023 - OPENING DATE
- AUGUST 22, 2023 - CLOSING DATE FOR RECEIPT OF ENTRIES BY SEC'Y

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PRIZE LIST AT [WWW.NCDCTA.ORG/LOL](http://WWW.NCDCTA.ORG/LOL)  
ONLINE ENTRIES ONLY THROUGH:  
[WWW.HORSESHOWOFFICE.COM](http://WWW.HORSESHOWOFFICE.COM)

- EACH DAY IS A SEPARATE QUALIFYING EVENT FOR 2023 USDF BREEDERS CHAMPIONSHIP EAST COAST SERIES
- JUNIOR TEAM COMPETITION ON SATURDAY

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NCDCTA JR/YR SCHOLARSHIPS  
(APPLICATION DEADLINE JULY 23, 2023)  
[WWW.NCDCTA.ORG/JUNIOR-SCHOLARSHIP](http://WWW.NCDCTA.ORG/JUNIOR-SCHOLARSHIP)

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QUESTIONS? CONTACT MANAGER  
JANINE MALONE AT [JEMRPH@AOL.COM](mailto:JEMRPH@AOL.COM)  
SECRETARY: BETTINA LONGAKER



## THANK YOU TO OUR NCDCTA SHOW SPONSORS!

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Sunday : CLOSED

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# Kay Frances (Huggins) Meredith

February 26, 1936 ~ November 14, 2022

Source: [EuroDressage](#)

Kay Meredith, doyen of American dressage and founding member of the U.S. Dressage Federation, has passed away. Originally from West Virginia, Kay was an American dressage team rider in the 1980s and an innovator instrumental in the growth of USDF.

## Domino

Meredith's career starting dressage horse was Domino, a 1972 born Swedish warmblood gelding which her mentor, Col. Bengt Ljungquist, sourced in Sweden as a 5-year old in 1977. In the early 1980s Meredith travelled to Europe and train Domino with Wilfried Schmidt. They placed in the top 10 of every class they entered in Europe, including finishing ninth of 21 at the prestigious Aachen CDI (Germany), sixth at Rotterdam (Netherlands) and seventh at Donaueschingen (Germany). In 1982 they became U.S. Grand Prix Champion and in 1983 they won team gold at the Pan American Games in Caracas.

## Encore

Kay became member of the U.S. Dressage team aboard the Swedish Warmblood gelding Encore (by Ganesco). The pair competed at the 1986 World Championships in Cedar Valley (CAN) and placed 35th in the Grand Prix. Kay spent 4 years training with Ernst Bachinger of the Spanish Riding School in Vienna

## USDF

As a founding member of the United States Dressage Federation, Meredith served as the second USDF Vice President before she served as the President from 1977 to 1982. She also chaired the Nominating and Scheduling Committees, co-chaired the Historical Committee and developed the first USDF Dressage Instructors' Directory. Many important programs were initiated during Kay's terms as a USDF officer.

## Accolades

Besides her USDF work, Kay has had an outstanding career as a rider, instructor, and USEF "S" judge.

In 1979, she was named the American Horse Show Association Horsewoman of the Year. In 2004 the Roemer Foundation placed Kay Meredith into the USDF Hall of Fame by honoring her with their prestigious Lifetime Achievement Award.

Kay was also an author of historical novels.

She lived in Raleigh, NC, and passed away in hospice.



Kay Meredith at the 2004 USDF Salute Gala  
Photo © Jennifer Bryant

## Other Notes:

She is survived by her sons, Kevin Meredith and Shaun Meredith; grandchildren: Kevin Aaron Meredith and Ashley Meredith; sisters: Nancy Jean Huggins Thomas and Suzanne Huggins.

In lieu of flowers, memorial contributions may be made in Kay's memory to The Dressage Foundation at [dressagefoundation.org](http://dressagefoundation.org), to carry on the work she helped found.



Meredith and Encore at the 1986 World Championships  
(Photo © Elisabeth Weiland)



Listen to a Radio Interview from 2011 by Horse Radio Network  
Kay Meredith is considered a doyen of American dressage, a founding member of the U.S. Dressage Federation she is a past President and Vice President. Recognized with Lifetime Achievement and Horsewoman of the Year Awards, Kay has been national champion, selected for the U.S. Teams, a judge, coach and latterly an author. Take a listen to this special story that shaped the sport of dressage right here.

LINK: [Equestrian Legends Episodes - Horse Radio Network - Kay Meredith](#)

# Lynn Donita Leath

## November 28, 1950 ~ April 30, 2023

Source: RM Ferguson Funeral Services\_

Dressage rider and trainer Lynn Leath died April 30, 2023 doing what she loved - teaching at her arena in Chapel Hill, NC. Lynn was an accomplished equestrienne of over 40 years. Since 1983, Lynn has been the owner and trainer of North Star Training Center, training horses and riders to Grand Prix dressage. Lynn is survived by her loving husband, Clifford Leath, her stepdaughter Brenna and son-in-law Shawn, and her granddaughter, Vaughn.

Born in a suburb of New York City, Lynn embarked on her journey with horses at 25 years old in Pennsylvania, when she met her mentor and dear friend, three-time Olympian Jessica Ranshousen, and bonded with her longtime best friend, Sharon Best. The horse lifestyle was earned, not given, to Lynn - with years of hard work, tenacity, and dedication, she won USDF Bronze, Silver, and Gold medals on a mare that she bred, broke, and trained to Grand Prix herself. Learned from another of her mentors, Cathy Morelli, Lynn's philosophy was "there are no shortcuts - the work must be built upon correct fundamentals, regardless of the level," and Lynn practiced what she preached!

Most recently, Lynn proudly took D'Artagnan to Grand Prix Horse of the Year in North Carolina, and the following year, to Grand Prix Musical Freestyle Horse of the Year - fourth in the country.

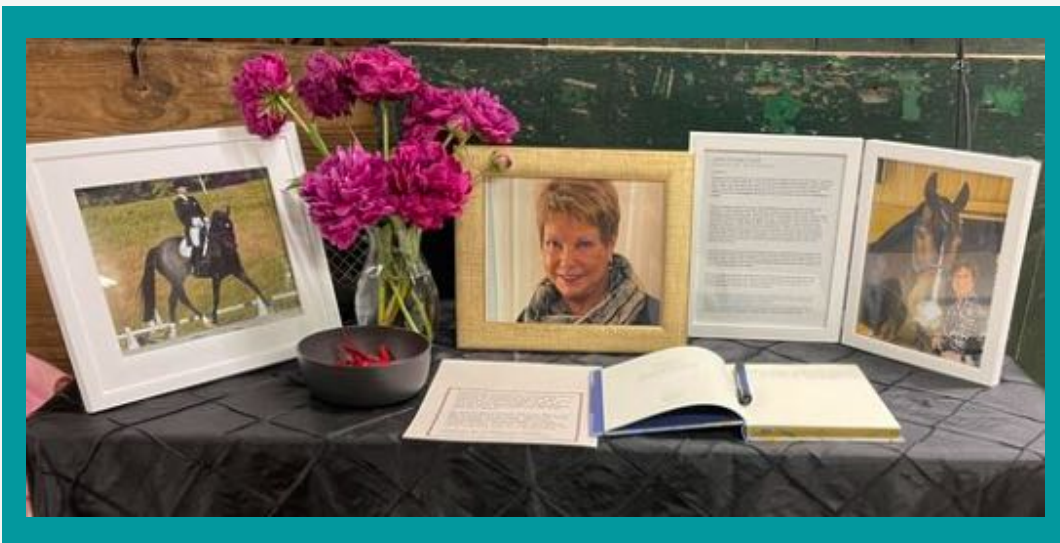
Lynn was a fiercely loyal friend and dedicated teacher, passionate about precision and creating healthy relationships between horse and rider. She was extremely proud of her students, many of whom she coached to national titles and their own USDF medals. Her focus and determination were unparalleled, inspiring those around her and earning the respect and admiration of her peers.

Lynn loved relaxing seaside vacations with her husband, the operatic Italian pop trio Il Volo, her horses, D'Artagnan and Casper, and her Jack Russell terriers, Blarney and DuBarry. Her friends will miss her famous holiday rum cakes, cheesecakes, and thoughtful gestures for those she cared about most.

In lieu of flowers, Lynn's family asks her friends and family to consider donating in her name to Corral , providing at-risk girls and rescue horses with the opportunity for equine therapy, or Equestrian Aid, providing emergency financial grants to members of the equestrian community throughout the United States who are struggling to overcome catastrophic illness, injury, or other unforeseen crisis.

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Thank you to Jennifer Swanson for setting up this Table. Charlie Musco read a wonderful tribute to Lynn Leath today during the Rosenberg events Raleigh Spring Dressage Show. Great to hear from so many equestrians how Lynn touched their lives. Red Ribbons were approved to be worn in her honor at the show.





# NCDCTA – Capital Dressage Classic High Point & Champions

What a weekend! Congratulations to all of our competitors at the Capital Dressage Classic. Final results posted at [www.ncdcta.org/cdc](http://www.ncdcta.org/cdc)

There's a whole lot of ways in this sport to define success and we hope each one of you found yours this weekend. We hope to see you all at Labor of Love I and II Sept 2-3, entries open July 23rd and close August 22nd!

## Capital Dressage Classic Performance High Score Winners!



**Trainer Award**  
Alexa LaTorre

### Training Level

Lauraine Rivier, Destination Boy KT

### First Level

Kris Daniel, Dracary's BLN

### Second Level

Ashley Burd Whicker, Pharrell

### Third Level

Ashley Burd Whicker, Pharrell

### Fourth Level

Veronica Walsh, Edenhoff Dekadence

### FEI

Dawn Weniger, Kayman



### High Score Stock Horse

Caitlin Bullock,  
Vixens Defying Gravity



### ISR/Oldenburg NA High Score

Dana Foster, Diamont



### TIP High Score Thoroughbred

Anita Quinn, Harbors Rule



### AHS High Score Hanoverian

Kris Daniel, Dracary's BLN



### National Dressage Pony Cup Champion

Ashley Burd Whicker, Pharrell

### Reserve

Camyn Huneycutt, Fiddlemakers Line Drive



### High Score Adult Amateur (Sat)

Lauraine Rivier, Destination Boy KT

### High Score Jr/YR (Sat)

Lea Dardess, With Confidence

Continued on the next page....





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## Capital Dressage Classic Dressage Sport Horse Breeding Champions

Award	Owner	Horse
<b>DSHB Grand Champion &amp; Wendell Haymon Award</b>	Danielle Sintoni	R Grand Totil
<b>DSHB Reserve Grand Champion</b>	Samantha Kidd	Falvana
<b>AHS DSHB High Place Hanoverian</b>	Samantha Kidd	Falvana
<b>GAIG/USDFBC Foal Champion</b>	Samantha Kidd	D'Artagnan ASH
<b>GAIG/USDFBC Filly Champion</b>	Samantha Kidd	Circe Maria ASH
<b>GAIG/USDFBC Filly Reserve Champion</b>	Cindy Deporter	Jaquars Grace HHF
<b>GAIG/USDFBC Colt/Gelding Champion</b>	Danielle Sintoni	R Grand Totil
<b>GAIG/USDFBC Colt/Gelding Reserve Champion</b>	Amy Brumbach	GWS Chicago
<b>GAIG/USDFBC Four-Year-Old Prospect Champion</b>	Danielle Sintoni	Ovechkin R
<b>GAIG/USDFBC Four-Year-Old Prospect Reserve Champion</b>	Aline Matz	No Diggity Dharduemont
<b>GAIG/USDFBC Mare Champion</b>	Samantha Kidd	Falvana
<b>GAIG/USDFBC Mare Reserve Champion</b>	Michele Novack	Epiphanybay Independence

Thank you to Sandie Dennis for sponsoring  
the Wendell Haymon Award!

WE HOPE TO SEE YOU ALL AT LABOR OF LOVE I AND II  
ON SEPTEMBER 2-3, 2023. -ENTRIES OPEN JULY 23RD!





# MARK YOUR CALENDARS! NCDCTA CHAMPIONSHIPS



Thank you to all our Sponsors and Exhibitors who helped make the Capital Dressage Classic a success!



## **NCDCTA Labor of Love 1 & 2 Breed Division in both shows**

September 2 & 3, 2023

Hunt Horse Complex - 4601 Trinity Road, Raleigh, NC

Opening Date: July 23, 2023

Closing/Received by Date: August 22, 2023

Jr/YR Scholarship Application Due: July 23, 2023



## **Harvest Moon**

September 16-17, 2023

Opening Date July 15, 2023

Closing/Received by Date: September 5, 2023

Carolina Horse Park - 2814 Montrose Rd, Raeford, NC

Jr/YR Scholarship Application Due: July 15, 2023



## **Autumn Leaves Dressage & NCDCTA Dressage Championship**

November 3-5, 2023

Carolina Horse Park - 2814 Montrose Rd, Raeford, NC

Opening Date September 15, 2023

Closing/Received by Date: October 23, 2023

Jr/YR Scholarship Application Due: September 15, 2023

### **Autumn Leaves Qualifying Dates: 12/1/22 - 10/22/23.**

"Eligibility for both the Dressage and Eventing Championships requires at least one qualifying score to be earned by the horse/rider pair in the division(s) they wish to participate in the Championships during the qualifying period of the Championship."

Any questions about your eligibility to ride in the NCDCTA Dressage Championships should be directed to the Membership Secretary: [Membership@NCDCTA.org](mailto:Membership@NCDCTA.org)

# SPECIAL NCDCTA EQUINE EDUCATION FESTIVAL SECTION:



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Fun Filled and Educational weekend for the Equine Enthusiast!

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### Eventing with Phillip Dutton



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### Sports Psychology Rider Fitness Daniel Stewart



### Auditors, Ed. Seminars & Shopping

To apply to be a participant or buy tickets to attend  
Check the website for updates: [www.ncdcta.org](http://www.ncdcta.org)



# The 1st Annual NCDCTA Festival is just Around the Corner!

Our highly anticipated Equine Festival will offer a wide range of activities and attractions for both riders and spectators. From daily clinics featuring dressage, eventing and sports psychology as well as lectures that will be going on all day Friday to Sunday. Attendees can also browse through our vibrant "vendors row" featuring top-quality tack, apparel, and accessories. We will also have delicious food trucks each day, an ice cream truck, and a kids corner!

The NCDCTA Equine Festival will truly capture the essence of the equestrian world, making it a must-attend event for anyone passionate about horses.

Our vendors will include:

- \* The Distinguished Rider
- \* Horse Hairz
- \* CJ Hooton Woodworkings
- \* Aviar Saddlery
- \* M&M Tack
- \* Royal Equine

## Friday:

Leslie Morse Dressage Clinic Day 1

Lectures:

- \* Judging w/ Janine Malone
- \* Horse Show Prep w/ Eliza Sydnor-Romm *and many more!*

Vendor Row

The Sandwich Man Food Truck & Louie's Ice Cream

Kids Activities all day including Carriage Rides!

## Saturday:

Leslie Morse Dressage Clinic Day 2

Phillip Dutton Evening Clinic Day 1

Daniel Stewart Sports Psychology Clinic Day 1

Lectures:

- \* Nutrition w/ Cassandra Gluck
- \* Musical Freestyle Development w/ Emma Johnston *and many more!*

Vendor Row

Gourmet Chavalin Food Truck & Louie's Ice Cream

Kids Activities all day including Carriage Rides!

## Sunday:

Phillip Dutton Evening Clinic Day 2

Daniel Stewart Sports Psychology Clinic Day 2

Lectures:

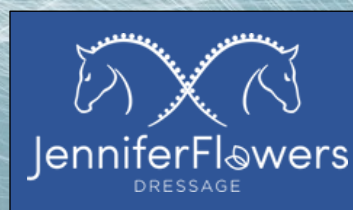
- \* Bridle Fitting w/ Michelle from M&M Tack
- \* Vetting Horses 101 w/ Dr. Z *and many more!*

Vendor Row

Gourmet Chavalin Food Truck & Louie's Ice Cream

Kids Activities

Special Thanks to all of our Festival Sponsors!



**There is still time to purchase tickets!**

<http://www.eventcreate.com/e/ncdctaequinefestival>



# NCDCTA EQUINE FESTIVAL SUPPORTING EQUINE EDUCATION

By Amy Brumbach

Equine education has always been a passion of mine. I think it is so important for riders to be exposed to a variety of riding/training techniques through clinics, competitions, in addition to training with their own trainer. One of the areas I would love to see more opportunities offered on a local and state level are opportunities for horse and barn management education. Topics like: equine nutrition, equine behavior, equine bodywork, proper tack fitting, proper grooming techniques, groundwork, and barn management practices. Did you know that even the definitions of the words that we use to describe us horse people: equestrians, horseman, horsemanship, trainer, instructor – are all riding-centric? Equestrian: of or relating to horseback riding, or people who ride horses. Horseman: a rider on horseback, especially a skilled one. Horsemanship: the art or practice of riding on horseback. What about education for how we care for our horses?

I have seen more equine educational opportunities over the years, but one of the areas in need of improvement is aligning competitive goals with proper horse management. How do we make sure that the knowledge we have in the horse management realm stays true and clear within our riding and competition goals? I often see riders that are winning in the show ring that do not understand equine anatomy, equine biomechanics, proper grooming techniques, the reasoning behind the sanctioned rules, etc... My belief is that this is directly due to a lack of equine educational opportunities provided at the grassroots level.

So, when I joined the NCDCTA Board of Directors, it was one of my missions to see if NCDCTA could offer our members opportunities to further their horse management education, alongside their riding education. When Lynn Kerin (NCDCTA President) asked if we could plan a big event in 2023, I immediately got excited about this being an event where we could not only offer riding opportunities with top-notch clinicians, but an opportunity to have educational lectures and workshops that will hopefully bring a well-rounded platform of equine education to all of our members.

The NCDCTA Equine Festival will be held July 21-23, 2023. Our clinicians, Leslie Morse (Dressage), Phillip Dutton (Eventing), and Daniel Stewart (Pressure-Proofing/Sports Psychology), will provide our selected riders a wonderful experience in the saddle. However, just as importantly, we will have equine lecturers on: Equine nutrition, A Parents Guide to the Show Ring, Judges Perspective Down Centerline, How to walk a jump course, Proper Saddle Fitting, Bit Fitting, and Equine Sports Medicine Therapies. The festival has earned USDF University Accreditation, so USDF members attending the festival will receive 3 credits. The USDF University Accreditation program gives recognition to members who strive to continue their education and accreditation for educational events. Certificates and diplomas are awarded annually to members dedicated to education.

If you are interested in the NCDCTA Equine Festival and would like to find out more information or buy tickets, please visit us at [www.eventcreate.com/e/ncdctaequinefestival](http://www.eventcreate.com/e/ncdctaequinefestival) or feel free to email me at [jreventing@ncdcta.org](mailto:jreventing@ncdcta.org)



# NCDCTA EQUINE FESTIVAL THANK YOU TO OUR PLATINUM SPONSOR!

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# NCDCTA EQUINE FESTIVAL THANK YOU TO OUR PLATINUM SPONSOR AND FESTIVAL HOST CENTER!



The NCDCTA Equine Festival will be held at the beautiful [Portofino Equestrian Center](#) on July 21-23, 2023. At the [NCDCTA Equine Festival](#), you will have the opportunity to watch and learn about the sport of dressage and combined training with some of the country's top trainers.

Enjoy the breathtaking scenery and view the equine athletes as they train.

You will also have the chance to meet and mingle with other horse lovers, discuss training and riding techniques, attend educational seminars from top experts, and shop at the vendor booths.



A view of Portofino's stable facilities from the cross country course.

The large and well lite, with excellent footing covered arena at Portofino.





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# MY AWESOME CLINIC EXPERIENCE WITH DANIEL STEWART

By Charlotte Turner (Age 12)



Daniel Stewart with Charlotte Turner riding Shylo at GaitWay Stables Daniel Stewart Pressure Proofing Clinic - Nov 2020. Photo by Heather Turner

I had the opportunity to ride in a 2-day Pressure Proofing clinic with Daniel Stewart in November of 2020. He came to the barn where I ride, Gaitway Stables, and I was really excited to ride with him since I had audited his clinic before. I was riding my trainer's schoolmaster, Shylo, and he loves to jump! The clinic was set up into three groups (ground poles, 18"-2', and 2'-2'3"). I was in the middle group – 18"-2'. The first day Daniel gave each rider an optimum time and a goal for points. Then we had to ride a jump course that we created to earn points and try to avoid losing points for chips, wrong striding, or rails. If you didn't meet the goal for points, you "earned" canter crunches. Canter crunches are crunches done on the mounting block where you try to crunch with the same motion as riding the canter. It was a challenging and exciting experience for me, and I definitely got some practice riding under pressure.

On day 2, we paired into teams in each riding group, and we worked together in our pairs for our rides. Daniel created mystery courses that we had to try to guess by riding our guesses. He gave feedback after each ride to give us clues. The team that guessed correctly did not have to do any canter crunches! It was really exciting to try and guess the mystery courses, and plan quickly for your next guess. You had to watch the other team closely to make sure your plan for your course still made sense and make quick changes if you needed them. There was a lot of pressure to try and guess correctly and to remember the course you planned to keep you and your teammate from having to do crunches. I was very lucky I ended with no canter crunches!

The clinic also had two seminars – Sport Psychology and Rider Fitness. I really enjoyed both seminars – Rider Fitness was my favorite. It was really cool to be able to do lots of different exercises using all the things we already had at the barn. Daniel helped us create a workout with stations for things like "jumper jacks" where you do a jumping jack in 2-point position.

Overall, I really enjoyed the clinic, and I learned a lot from it. It was so helpful to practice riding under pressure to help us prepare for shows, and it was also a lot of fun for me and Shylo!

Charlotte Turner riding Shylo at GaitWay Stables Daniel Stewart Pressure Proofing Clinic - Nov 2020. Photo by Heather Turner



Daniel Stewart teaching his Pressure Proofing Clinic - at Gaitway Stables, Nov 2020. Photo by Heather Turner





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Phillip Dutton (Eventing) is one of the top-ranked eventers in US History. Phillip is a 7-time Olympian and 3-time Olympic Medalist and has represented the US on several WEG and Pan-AM teams with great success. Phillip was USEA Leading Rider of the Year in 1998, 2000-2010, and 2012. He was name Top FEI Event Rider in 2005, 2nd in 2016. Phillip and his wife Evie, run New Prospect Farm in West Grove, Pennsylvania.

## Eventing with Phillip Dutton



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Leslie Morse is one of the United States most accomplished dressage riders and has represented the United States at five FEI World Cup Finals, earned a Team Bronze Medal at the FEI World Equestrian Games in Aachen, Germany, won the Exquis World Dressage Masters Grand Prix Special twice, was a two-time alternate to the U.S. Olympic team, and been a multiple National Grand Prix Champion.

An equestrian for over 40 years, Daniel Stewart combined 25 years as an international coach and clinician with a degree in physical education to create a series of equestrian clinics, lectures and training camps. As the internationally acclaimed author of Pressure Proof, Ride Right, Fit and Focused, and Bolder, Braver, Brighter he's widely considered one of the worlds leading experts on equestrian sport psychology, athletics, and performance.

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# JEREMY STEINBERG CLINIC REPORT

By Jennifer Heiskell

Jeremy Steinberg is a renowned dressage trainer and clinician who is highly respected in the equestrian community. Riding in one of his clinics is an excellent opportunity for riders of all levels to improve their skills and develop a better understanding of dressage. Steinberg's teaching style emphasizes the importance of clear communication between horse and rider, as well as the use of positive reinforcement and a deep understanding of biomechanics. He is known for his ability to explain complex concepts in a way that is easy to understand, and his clinics provide a supportive and encouraging learning environment.

Special thanks to Ali Latorre for arranging this clinic in our area and Tonya Bruno for hosting at her beautiful farm in Hillsborough, NC. The clinic was a huge success with 24 rides for the weekend! We are looking forward to having him back next year!



Jeremy Steinberg working with Francis PVF, 5 year old during the clinic. Ridden by Jennifer Heiskell. Photo credit to Ellen Ziemer

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# Reflections on a First Attempt at a NCDCTA and USEF/USDF Dressage Show Season: Lots of Challenges, Lessons Learned, and a Big Surprise

By Michele Novack



Shaunna Dunlap on Epiphanybay Independence all business at NCDCTA Autumn Leaves 2022 Photo by Michele Novack



Trainer/rider Shaunna Dunlap, expert braider and show helper Caitlyn Bullock, and owner/planner/entry maker/bill payer Michele Novack at celebration dinner in Southern Pines. Photo by Heather Burkhardt

Hello there. I'm the big gray haired lady that some of you may have noticed walking about at last year's Autumn Leaves Dressage Show or the more recent March Magic Dressage Show. I was very active in Region 1, back in the mid 1990's, when I was also on the Potomac Valley Dressage Associations Board of Directors, and managed several of their shows. That was a big period of transition for dressage and other horse sports here in the United States. I had been away from dressage for over 20 years when I returned, last year, as an owner.

While I still live in Maryland, I keep my rare purebred Cleveland Bay (CB) mare, EpiphanyBay Independence, aka Penny, with trainer/rider Shaunna Dunlap at her family-run White Winds Farm in Raeford's Five Points neighborhood. I explain how that came to be later on.

Together, Penny, Shaunna, and I completed our first year of NCDCTA and USEF/USDF recognized dressage competition last November. We had, what we thought was, a modest season and achieved a few incremental goals along the way. However, we were over the moon when we learned that we had finished on top as NCDCTA HOY Champion for First Level, Open Division. That's a thrill we certainly did not expect. Allow me to share how some hard reality came to visit upon our (well, mostly my) well-intentioned show season plan. Who has not had disappointment and frustration come their way?

After several awesome tests at schooling shows in late 2021, we decided to take things up a notch. In early January 2022, I did the research and came up with an ambitious plan. You all know it is expensive to campaign a horse at the USEF/USDF level, so we took advantage of the abundance of well-run recognized shows held at the Carolina Horse Park and at the Pinehurst Harness Track (both are nearby). We even had a few options to show up at Raleigh, just over an hour away. I set a budget (my vacation \$) and got our memberships in order. I created a big Excel spreadsheet (I am a semi-retired naval engineering project manager) to keep track of key data such as closing dates, test scores, and points. I figured we could start the year at First Level, earn the complicated assortment of required scores for the USDF achievement programs, and then tackle Second Level. Along the way, qualify for the championship shows. Piece of cake, right? Well, things didn't quite go that way.

*Continued on the next page...*



In early February 2022, just as the pre-season schooling shows were starting, Shaunna was seriously injured in a freak barn accident. While removing a winter blanket, she was knocked down and got clipped in the head by the shod hoof of a big bay mare-guess who? It was a real scare, and our first experience with a concussion injury. It was late April by the time Shaunna could ride again.

**Lesson learned: This is why barn safety practices matter. Respect and follow concussion protocols. The onset of symptoms can be delayed.**

We made it to four shows and racked up nine scores above 60%: we qualified for the NCDCTA and BLM championships, but those First/Test 3 qualifying scores eluded us before the summer heat set in. We were not exactly where we had hoped to be. Worse yet, the tumbling stock market had taken a toll on my primary source of play money. Second Level wasn't going to happen. We took a break to recharge and regroup.

**Who hasn't been down a similar road?**

**Disappointments happen. Things beyond your control happen. Be flexible. Consider options.**

We showed again over Labor Day weekend at Pinehurst. The first ride of the day was an average performance, but Penny was not her normal forward-moving self. Then, about halfway through her second test, she began having trouble holding the trot and canter to complete the test movements. Some movements were totally incomplete. She was not showing signs of lameness, but she was trying to tell us something was not OK. A dressage test score should not look like an eventing test score. Forget any hope of qualifying for Regionals. Call the vet.

We ran blood tests and then started looking at her feet. While we found that she had developed slightly negative Palmar angles, it was her farrier who accidentally discovered an extensive sub-solar abscess in her front right foot. How had she managed to hide that? Seven days in a soak boot. Lance. Debride. Then 5 more days in epsom salt hoof packing. Let new sole form. Then gradual turnout. Then get fancy new shoes back on. Then get back into enough condition to compete. This was another difficult road to travel. This is why you pay attention to your horse, especially the subtle signs. This is why a collaborative relationship among owner, trainer, vet, and farrier is valuable. Keep in mind that when your partner is on the Disabled List, they need that time to heal.

We had to miss the BLM Championship Show, but we did make it—barely—to the NCDCTA Championship show, and we were happy to be there. Penny and Shaunna had 4 good tests and decent scores, including one above 66%! Our competition was tough—signs that they were finishing the season strong. We placed 4th in the Championship standings and had nothing to complain about. We finished the season with two rides at the pre-Thanksgiving schooling show at Heather Ridge Farm just to give Penny a chance to show us how much better she was feeling.

**Lesson learned: Be grateful when things do go well. Admire the accomplishments of your competitors. Finish on a positive note.**

Needless to say, only a few things went according to plan, but that's life! Looking back at 2022, I can say we got good at sorting out problems and resetting priorities. We appreciated the value of teamwork, communication, and patience. We hung in there until the end of the season.

Continued on the next page...





Shaunna Dunlap riding Epiphanybay Independence showing off their 2022 Breed Society Awards.  
Photo by Michele Novack

Along the way, Penny earned her USDF Horse Performance Certificates plus the USDF All-Breeds Champion Medal, sponsored by the Cleveland Bay Horse Society of North America (CBHSNA). I received that at the USDF Awards Gala in Lexington KY. Penny also picked up the CBHSNA Dressage Championship for First Level and two special CBHSNA Awards for top purebred that is Cleveland Bay Horse Society (UK studbook) registered. She was also kindly recognized as the CBHSNA Reserve High Point among all performance categories.

We were excited to attend the glitzy NCDCTA Awards Gala with our farm family and friends, and we hope to be fortunate enough to make a return appearance for 2023.

Competing a big tank of a purebred Cleveland Bay mare in a sea of elegant euro-warmbloods gets to be intimidating, but we love Penny and are happy to get her out so others can see what this rare breed can do.

Ok, so more about us:

Although I re-learned to ride in the lesson program at Linda Zang's old training barn, Idlewilde Farm, back in the early 1980's, I had to wait until later in my life to have my serious horse(s). I chose Cleveland Bays after seeing the magnificent stallion Fryup Marvel at Equitana USA back in 1996. He was part of the rare breeds exhibit. Clevelands are an old native breed from northern England—sort of like supersized Morgans as they are versatile. The British crossed CBs with TBs to produce fine coach horses. Those are what you see (or have seen) at the Royal Mews. I liked to ride and had a new interest in carriage driving; that also led me to become a CB owner.

Penny is my third CB, and my first purebred mare. I placed Penny in training with Shaunna 8 years ago. At that time, Penny had flunked out of driving horse training as a green 4 year old and needed a new direction. There was a lot to sort out, as Penny had anxiety issues and a short attention span. CBs are also slow to physically mature. Shaunna, who has an old school USPC and USCTA background, was up to the task. She patiently brought Penny along and helped build her confidence.

As you know, there are lots of local opportunities for competitive riding in NC. The pair spent a few years gaining experience at schooling dressage shows and horse trials before entering a few USEA Horse Trials at Beginner Novice and then Novice in the spring of 2016 in NC and VA. That summer, I decided to have Penny bred. I was retiring from my Navy civilian career and needed a change. In 2018, she produced a colt by the California-based TB stallion, Sea Lion, a retired plain bay 4\* eventer. The colt, now gelded and registered as CrownPointe Sea Sovereign, is a rising 5 year old and a lighter version of his mom...although I think a growth spurt is imminent.

*Continued on the next page...*



Penny was bred by Carlene and Mike Kerr who own and operate Epiphanybay Farm, near Fredericksburg, VA. We are happy to talk with folks about Penny and her rare breed. At the March Magic show this year, we arrived at the warm-up area with our spiffy new UK saddle pad featuring the breed logo. Well, that did not go unnoticed in more ways than one.

Turns out that the March Magic warm-up steward, NCDCTA member Ashleigh Hastings, is the happy owner of a young CB from the breeding program at Colonial Williamsburg. Hooray! We also met Joan Hilsman, who owns Talisman, an accomplished crossbred eventer formerly based in TX, but now in NC. He is actually buckskin in color, but otherwise has all the good CB traits. Shaunna has since met a few more inquiring minds at Prime Time Dressage. I'm so pleased that we are discovering new Cleveland Bay friends in NC.

Michele Novack wanted to share with the NCDCTA membership about the large logo on her show pad. We had USDF TD Elizabeth Morosani measure the large logo on our pad for us to make sure it was within legal size. She included a photo to show how they measure it. It was legal!

Thank you Michele!  
That is very interesting to see how that is done!



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# BELIEVE IN YOURSELF AND KEEP TRYING

By Harper Kane

First of all I would like to start by thanking the NCDCTA and everyone else who contributed to making the Youth Scholarship possible. I am so humbled and grateful to have been awarded this honor by the NCDCTA. This scholarship provided an incredible opportunity to learn and grow as a dressage rider and the impact that each of us can have by encouraging each other along the way.



Harper Kane riding Catalina during the Julio Mendoza Clinic. Photo by Jessica Kane

From the very beginning dressage; the art of harmonious communication between horse and rider, has captured my heart. I loved watching the musical freestyles that show off each graceful stride, each gentle cue, revealing a partnership built on trust, respect, and understanding. It's what made me want to give this sport a try when I was in Pony Club just learning to ride. While everyone was learning to go over cross-rails, I just wanted to go back to the dressage lessons. Little did I know how amazing and difficult this journey would be at times. Last year was an amazing first year competing with Cat, my wonderful Oldenburg mare my parents helped me buy when my pony's lease came to an end. We really worked hard and accomplished a lot more than I ever expected, winning Region 1 Training Level Championship and even making it to the US Finals at Training level where we placed 4th and won NCDCTA Horse of the Year at Training Level! It was such an amazing experience and I'm so grateful for all the support I had to make these achievements possible. I was also fortunate enough to be awarded the NCDCTA Youth Rider scholarship, which provided an opportunity to clinic with an exceptional trainer and FEI rider, Julio Mendoza. It is through this experience I hope to share what I have learned from this opportunity.

When I first stepped into the arena, I was filled with anticipation. And I was also quite nervous. Since US Finals, Cat and I had some pretty big setbacks and I had a lot of doubt about my ability as a rider. What would it be like to ride with such an accomplished trainer? What if I mess up? Would he wonder why we were there among all these really good riders? Here Cat and I arrived at the clinic just learning First and some Second level movements, surrounded by exceptional riders from all across the state training and competing at the highest FEI levels. My nerves were about to get the best of me, but then I met Julio. He had a big smile, asked me a little about Cat and our journey together and instantly soothed all my worries. He reminded me that no one starts off being great, because then we wouldn't have a sport to play if we all excelled at it the first time we tried. That first day, Cat and I did some things really well and some things I could have ridden better. I shared a little with Julio about some of the challenges that we've had since we finished the previous season. I have learned setbacks are not the end of the journey, but rather stepping stones along the way and that progress isn't always a linear path.

Throughout this clinic, I was reminded of what it means to be a true dressage rider. It doesn't matter what level you compete at if you have not mastered the basics. Julio has taught me that dressage is not about fancy tricks but about basic, balanced riding. Great transitions are well prepared and your basics are your foundation. I learned a lot about allowing the horse to supple and move through the whole body, riding from the back to the front. For example, we are working a lot on extensions at both the trot and the canter. Julio said something that really made sense to me, which was that an active hind leg does not mean running or 'going faster' but having more power to step through. As a newer rider, a lot of the dressage concepts can be a little challenging to understand. Julio was great at helping make sense of what it meant, but also how it felt to ride the movement correctly.

*Continued on the next page...*

# BELIEVE IN YOURSELF AND KEEP TRYING

*Continued from page 31.....*

I have to embrace the importance of simplicity, that while it may sound really complex, it isn't when you consider how the horse is meant to move. I know that the more we work as a team and really work together, the more I learn to ride for the feel, and the more harmonious and relaxed we'll both become. As my connection continues to grow with Cat, even through the clinic, I was reminded of the beauty of true partnership and the power of mutual respect.

In doing this, Cat becomes my companion, where every aid becomes a conversation, and every step becomes a testament to the trust we share, even at the very basic movements we are learning. I am encouraged to pick myself up when I stumble, to persevere when faced with something difficult I'm asking for, and to believe in the strength within our partnership that we can do this.

All of this is possible because of Julio, who is not just a teacher, but a fellow rider. He has been where I am now and has put in effort and perseverance, and something great has come out of it. He constantly said 'you have to believe in yourself' throughout the clinic and he's right. His faith in me, is what inspired the newfound confidence that I will have through the ups and downs of my equestrian journey.

Beyond the arena, I am grateful for the connections made with fellow riders, people who understand the highs and lows of this journey in dressage. It was so nice to feel a sense of community, lifting each other up during moments of doubt and celebrating each other's triumphs throughout the two days. Together, we learn that setbacks do not define us, but rather shape us into the riders we aspire to be and it's always a learning process.

I left the clinic not only with a toolbox of skills but also a newfound belief in my abilities. This experience has taught me that no one is ever perfect, but we can strive to be better than who we were yesterday, or even a year ago. I now realize that it is ok to make mistakes, and those mistakes are just detours that lead to growth and newfound strength to try again.

I am filled with gratitude to the NCDCTA for the scholarship that has made this transformative journey possible and for the confidence it has instilled within me. I hope to meet other young riders out there trying and to continue to offer an encouraging smile and words of support - we can all use it because this sport is hard, but it is really rewarding and fun, too!



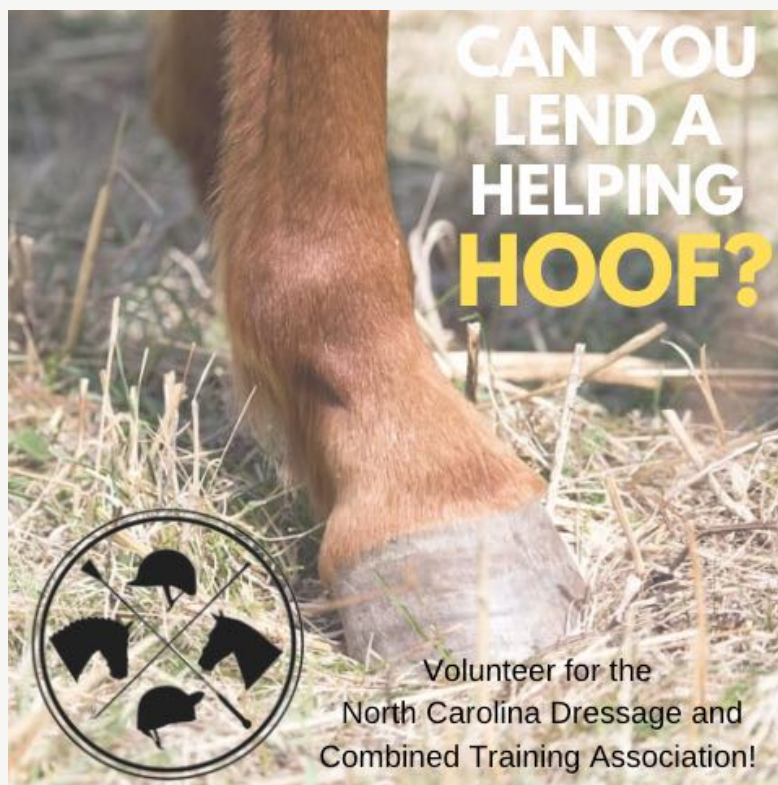
Harper Kane on board Catalina with clinician Julio Mendoza during the clinic.  
Photo by Jessica Kane



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