## THE NEWS

SEPTEMBER 2020







## **North Carolina Dressage and Combined Training Association**

## **IMPORTANT COMPETITION NEWS:**

#### 2020 HOY Rule Waiver

At the August 4 NCDCTA Board meeting it was decided to amend the following rule for the 2020 competition year due to the reduced number of competitions.

**Current Rule:** To qualify for HOY awards in a dressage division, a minimum of 14 points must be earned (FEI and MFS exempt from this requirement). To win a division (at all dressage levels), a minimum of 25 points must be earned. Members leading a dressage division with less than 25 points will receive an honorable mention.

#### **Rule Waiver & Amendment**

- 1. Minimum points are waived to both win and place in a dressage division.
- 2. A competitor must have earned points from at least two competitions in the award division.
- 3. This rule change is effective for the 2020 competition year only.

JJ Tate and Quincy, Photo credit to Richard Mamigrem

# The System within the Science of Riding by Jessica Jo "JJ" Tate

One of the greatest things that Charles De Kunffy has inspired in me is to develop the horse to move its best and be its strongest through building both strength and skill. We start by teaching the horse a concept, then a skill set, and then to do the exercises. This is how we produce the strength in order for the horse to do its job with ease.

When I was a young student with Charles, I would ride as many horses as I could ride in each clinic with him, and then he would leave. Afterwards, I would be sitting in my arena, and I would say, "I have all these notes. I have the knowledge of the science of riding, but I don't have the understanding yet."

The understanding happens through the application of a consistent, systematic, gradual and knowledgeable program. It's not just random concepts that come from simply reading a great article and thinking, "I need to really ride forward," because it might not be the right time for your horse. He may still be lacking the necessary balance, so there needs to be methodology inside your riding. Through the system, knowledge turns into true understanding. *Continued on page 7* 

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## **NCDCTA 2020 Board of Directors**

## Visit www.NCDCTA.org for contact information



President - Amanda Miller

Vice President - Joan Hilsman Treasurer - Wendy Warner Secretary - Kathy Gubar Competition Chair - Karen Mahaffey JR/YR Chair - Tiana Darling Eventing Chair - Amy Warren Dressage Chair - Ashley Dimmette
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Member at Large - Rachel Edwards
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## NCDCTA Newsletter Deadline is September 10th for the October 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



## NCDCTA 2020 DRESSAGE CLINIC SERIES

Featuring

# Oct. 3-4, 2020



LAUREN SPRIESER is a USDF Gold, Silver and Bronze Medalist, and a High Performance Grand Prix rider and trainer. A veteran of the High Performance Youth Programs, Lauren has consistently produced horses from green to FEI, including five to Grand Prix. Her students compete with success from the grassroots to the international levels in several disciplines, on a wide range of horse types. Her students have contested the USDF National Championships, the NAYC and the Kentucky 5\*. Lauren is a high-energy and experienced teacher whose wit and charm have graced The Chronicle of the Horse, Dressage Today, Practical Horseman and Horse Illustrated. She is currently developing a pipeline of her own horses from green to Grand Prix. Lauren has trained with top Olympic level coaches including Monica Theodorescu, Lendon Gray and Allison Brock, and trains horses and riders from her home base in northern Virginia.

The 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.

#### Rider applications are due SEPTEMBER 12!

LOCATION: Clinic will be held at Rouxtano Farm in Hillsborough, NC. Limited stabling is available.

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 date.

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.

## TTC Combined Tests 2020

## May 23 - June 6 - August 15 -Sept 26 - October 31- Nov.28 NCDCTA RECOGNIZED

**Ribbons**: Awarded places 1-5

Fees: \$50 per Combined Test (Small Arena)

Green As Gras	ss 18"2019 (USDF)	Intro Test A	<b>A</b>					
Moving Up 2'-	2019 (USDF) Intro	Test C						
Maiden 2'3"	-2018 (USEF) Beg. No	vice Test A						
Beginner Novi	ce 2'6"2018 (USEF)	Beg. Novic	ee Test B					
<b>Novice 2'11"</b>	2018 (USEF) Novice	Test B	_					
Training Level	1 3'3"2018 (USEF) T	Training Te	st B					
Name:								
Address:								
City:	State:	Zip:_						
Phone:	E-Mail:		@					
Horse Name:								
CREDIT CARD #		Exp:	CVC:					
\$10 Email/Credit Card 6	entry fee $\sim$ \$20 change fee	5 days prior	to competition					
Please send entry & payme	ent to: TTC 158 McCash	in Lane Mo	cksville, NC 27028					
**NO ENTRY PROCESSEI	O WITHOUT PAYMENT	「* *No Dogs	/ NO Motorcycles*					
TIMES WILL BE E	-MAILED 3 DAYS PRIC	R TO COM	PETITION.					
NO refunds after closing day (6	days prior to competition	) unless mana	agement cancels ever	ıt.				
Contact TTC (336) 998-5280 <u>wv</u>	vw.TTCMocksville.com	E-Mail: TT	CCMocksville@gma	il.com				
All entries made at the riders, owner employees, and/or organizers liable for spectators, or participants to	or any injury, theft, da	mage, or lo	ss of life to horses,	equipment				
Signature:								

### **TTC DRESSAGE SHOWS 2020**

5/23-6/6-8/15-9/26-10/31-11/28

#### \*\*NCDCTA RECOGNIZED\*\*

TTC 158 McCashin Ln. Mocksville, NC 27028 336-998-5280

TTCMocksvill.com - Homemade Food Concessions - Tack Shop Open ALL DAY

Show will not begin prior to 9am. Ribbons for places 1-5.

\$10 electronic processing fee for email entries. \$20 Change Fee

Entry Fees: \$30 per test or 2 Tests \$50

Closing Date: TTC MUST RECEIVE entry 7 DAYS prior to listed competition date.

Only PAID entries will be processed. Informal attire permitted in ALL tests.

Times will be emailed 3 days prior to show.

	······································									
1.	USDF (2019) Intro Test A (small arena)	7.	First Level Test 1 (2019)							
2.	USDF (2019) Intro Test B (small arena)	8.	First Level Test 2 (2019)							
3.	USDF (2019) Intro Test C (small arena)	9.	First Level Test 3 (2019)							
4.	Training Level Test 1 (2019)	10.	Second Level, Test 1(2019)							
5.	Training Level Test 2 (2019)	11.	USEF (2018) Test of Choice (small arena)							
6.	Training Level Test 3 (2019)									
	Negative Coggins required with each entry. show management cancels due to weather co									

#### NO DOGS or MOTORCYCLES.

Rider:			•	I:TTCMocksville@gmail.com
Address:			City:	State:Zip:
Credit Card#			EXP:	VCODE:
Classes Entered:				
1	2	3	4	
to any horse, ride	er, owner, trainer,	employee, prof	essional, or spectator.	accident, damage, injury, or il TTC reserves the right to refu to vacate the premises.
Show Date:		. 2020 Com	petitor Signature Requ	uired



Sarah Baker Ian Wookey Cindy Morrison Sherry McCoy John Horton Leigh Swanson Susan Lauber Joan Kinley Michelle Hargreaves Margaret Crevar Rena Rhodes Andrew Weniger Linda Rarey Sarah Waters Rebecca Rose **Brandon Salmons** Mikaela Kantorowsk Deena Tiches Eleanor Bourne Kathy Gubar Joni Shimp Anne Beech Missy Fussell

Ava Coburn Kirsten Gregory Joyce Giles Tori Hudgins Barb Shannahan Katherine Abrams Vanessa Craft Ginger Henderson Kylee Narron Mary Rice Jeanette van Mill Elle Dembosky Kim Miner Kaycee Curtis Chrystal Harris Margaret Rogers Donna Kelly Doreen Schlicht Sarah Dempsey Izzy Stearns Amber Mabus Scarlett Mullin Nancy Clendenin

Connie Crossley Maria Erwin Kimberly Rushton Pook Edgerly Sandy Donovan Janine Markham Michelle Frazier Valerie Russell Mary Messinger Ann Turner Caroline Snow Karen Miklos Melissa Tatge Whitney Weston Alison Edgerly Susan Bristol Sofia Oates **Bailey Cook** Koby Robson **Bonnie Mosser** Launi Masterson Sima Ramazani

#### NCDCTA Junior Scholarships to NCDCTA Shows!

In order to encourage juniors of all levels to take advantage of our state's competitive dressage environment, NCDCTA is pleased to offer scholarships to up to four junior riders (riders 21 and under as of December 31, 2020) at each of its four shows in 2020.

Each scholarship will cover the cost of four classes, one stall. This application, due by the show's opening date, will be reviewed by a committee of NCDCTA board members. Applicants do not need to be NCDCTA members. Scholarship criteria include enthusiasm, thoughtfulness in application, and dedication to competition as part of ongoing education in dressage. Recipients will be responsible for the cost of classes beyond four, as well as the office fee, the USEF drug fee, and any other applicable fees, including but not limited to the USDF/GAIG qualifying fee and non-member fees. Decisions and entry procedures will be announced before the show's closing date.

#### NCDCTA 2020 Shows:



- 2020 NCDCTA Harvest Moon Dressage (CBLM Memorial Championships)
   October 23-25, 2020 Williamston, NC (38th Anniversary)
  - o Application Deadline Opening Date: September 1, 2020
  - o Entries Received by Closing Date: October 3, 2020
  - o Show Website: www.ncdcta.org
  - o Scholarship Information: www.ncdcta.org/scholarships
  - Application form: https://www.ncdcta.org/junior-scholarship
- NCDCTA Autumn Leaves (2020 NCDCTA Dressage Championships)
  - o November 14 &15, 2020 Carolina Horse Park, Raeford, NC
  - o Application Deadline Opening Date: October 1,2020
  - o Entries Received by Closing Date: November 4,2020
  - o Show Website: www.ncdcta.org
  - o Scholarship Information: www.ncdcta.org/scholarships
  - o Application form: www.ncdcta.org/junior-scholarship

#### The System within the Science of Riding, Continued from front page.

Then when you're in the middle of the arena, when you're by yourself, you will be able to break it down, sort it out, and create a great end result for your horse.

The system is based on the following:

- All first energies go towards roundness- Channel the horse's energy towards developing the three bascules within its body. The first bascule being from the withers to the bit, the second is the withers to the horse's sacroiliac joint, and the third but most challenging is from the SI-joint to its hocks.
- Apply the three dials principal- The three dials consist of the horse's length of frame, length of stride, and ability to bend and straighten. These "dials" can and should be tuned daily, within the boundaries of the horse's phase of development.
- Ride the horse like an accordion- Elasticize the muscular and skeletal system by fully stretching and contracting the horse's frame.
- Understand, recognize and honor where your horse is within the three phases of development.- 1.
   Restorative/Rehabilitative 2. Therapeutic/Physiotherapy 3. Amplification of the gaits/Gymnastic evolution.

When I realized that I can't be everywhere for everyone all the time I committed to teaching this understanding of the science of riding to all my students. This way when they take clinics with other trainers, they truly know what that trainer means by what they said. Sometimes you need another voice or to hear something a different way but when you have the basic understanding of the science of riding, it makes all the difference.

The trials of COVID-19, presented the perfect opportunity to be able to help riders everywhere have access to this fundamental understanding for riding dressage. I am proud to have launched TeamTateAcademy.com and to have been accredited by USDF University.

Jessica Jo "JJ" Tate is a U.S. Dressage Federation (USDF) bronze, silver, and gold medalist. She represented the United States in the 2007 FEI World Breeding Championships for Young Dressage Horses in Verden, Germany. Tate was also a World Cup finalist and was long-listed for the World Equestrian Games in 2006. She is on the U.S. Equestrian Federation's (USEF) Developing Riders List.

JJ's latest project is TeamTateAcademy.com a platform providing world-class dressage lessons and more right at your fingertips. Learn more by visiting TeamTateAcademy.com and register for an informative webinar being held August 17t-24th



## Official Photographer for the NCDCTA



Capturing the Times of Your Life!



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Christie and John Snyder

336-671-4446 hightimephotography@gmail.com hightimephotos.com

### Congratulations to our NCDCTA Member!

## Ali Perkins Receives The Dressage Foundation's George Williams Young Professional Grant

July 27, 2020 – Ali Perkins of Rougemont, NC, has been selected to receive the 2020 George Williams Young Professional Grant from The Dressage Foundation (TDF). The purpose of the grant is to provide financial support to instructors and trainers age 25-35 who have a strong desire to participate in continuing education opportunities, in order to provide higher-quality instruction to their students.

Ali has been a full-time dressage instructor for 4 years and is a USDF Certified Instructor through First Level. She rode the late Santé through the U25 Grand Prix and competed in the 2019 Region 1 Regional Championships in Open Grand Prix and Freestyle. Ali has 20 students in her program, ranging from beginners to students riding



Ali Perkins, photo credit Susan J. Strickle

Prix St. Georges. She will use the \$5,000 grant to travel to Wellington, FL, in 2021. During her month there, she will train with Liz Austin and will also work with the Dresssage4Kids Winter Intensive Training Program to improve her teaching and coaching skills.

Ali shared, "Being awarded the George Williams Young Professional Grant is such an honor and gives me so much confidence to push my career to the next level. What a gift it will be to have time to focus on continuing my own education when I'm in Florida. I can't wait to bring tools home to share with my students in the spring!"

When the Fund was established in 2018, George Williams shared, "I want to thank those who have given so generously to this Fund. It is designed to reflect how important it is that our young professionals have a solid foundation – one that is based on a good education and that includes a dedication to become first-rate teachers with an unwavering commitment to helping their students learn and become the best they can be, all while passing on a love and respect for all horses."

TDF welcomes donations to further support young professionals through the George Williams Fund. Gifts can be made online at www.dressagefoundation.org or by calling TDF's office at (402) 434-8585. Donations by check can be mailed to TDF's office at 1314 'O' Street, Suite 305, Lincoln, Nebraska, 68508.

For more information about this Fund or The Dressage Foundation, visit www.dressagefoundation.org or contact Jenny Johnson at (402)434-8585 or jenny@dressagefoundation.org.

#### The Dressage Foundation

The Dressage Foundation is a 501(c)(3), non-profit, tax-exempt, donor-driven organization that is dedicated to educating, supporting, and advancing the sport of dressage. The organization solicits contributions, appropriately allocates the donations, and awards grants and scholarships to dressage riders, judges, instructors, breeders, high performance teams, and nonprofit equestrian organizations. www.dressagefoundation.org



## Why Does My Horse Yawn?

By Shellie Sommerson
Brought to You by Banixx

Photo by Shellie Sommerson

When your horse yawns, what does he really mean?

Horses yawn for a variety of reasons. Studies reveal these as possible reasons:

- State of drowsiness perhaps relaxed/relaxation in your horse; but not the same as in humans (drops in blood oxygen levels)
- Environmental stress or anticipation herd dominance, social queues, anticipation
- Gastrointestinal discomfort such as ulcers
- Tempo-mandibular tension and/or pain stretching, pain reaction
- Liver distress usually associated with other signs of liver disease (jaundice tissue, loss of condition, diarrhea, discolored urine, and abdominal pain)
- Apparently, males yawn more often than females. So, that is something that mares don't get the 'bad rap' on!
- Is your horse yawning because he is calming or, is he yawning to relieve stress? (Calming queues, like licking and chewing, stretching down, etc.). If stress induced, what can you do to relieve his stressors? If gastrointestinal, liver or pain is suspected, contact your veterinarian.
- Or, like mine... FEED ME!!!!

Next time your horse yawns, look around — what is going on in the environment when he yawns? Does your horse seem calm or stressed?

Share your observations with us – Gender? What is going on? Does it seem to be stress or calming or perhaps communication of some sort?

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#### 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
- 8/31/2020 DUE: Harvest Moon Jr/YR Scholarship App: Tiana Renee Darling, 910-705-6817, jryr@ncdcta.org, https://www.ncdcta.org/junior-scholarship
- 9/1/2020 OPEN: NCDCTA Harvest Moon & 2020 CBLM Championships: Kathy Grisolia, 631-338-6340, kgrisolia@aol.com , www.ncdcta.org/hm
- 9/5-6/2020 Cooldown Dressage: Kay Whitlock, 9106928467, kaydq@fastmail.fm, www.carolinadressage.com 9/5-6/2020 - Five Points HT: Abby M Schlicht, 910-875-2074, abby@carolinahorsepark.com, www.carolinahorsepark.com
- 9/9/2020 Stable View Schooling Dressage: Christine Joyce Rhodes, 484-365-3173, secretary@stableviewfarm.com, https://stableviewfarm.com/
- 9/12/2020 Explore the Park D/CT: Todd A Erickson, 919-889-9445, tah@sportofhorses.com, www.SportOfHorses.com 9/13/2020 - Antares Dressage: Vicki M Kelley, 910-610-8511, vicki@antaresdressage.com, www.antaresdressage.com
- 9/19-20/2020 Pinehurst Fall Dressage: Patricia D Hildreth, 919-210-5899, whinfarm@bellsouth.net, http://www.sportingservices.net
- 9/20/2020 Sandhills Starter HT & Dressage: Carrie I Everhart, 919-413-0917, shawneeacres@gmail.com,
- 9/26/2020 The Oaks Dressage & CT: Danielle M Jones, 919-260-4040, danielle@sharonoaksstables.com, www.SharonOaksStables.com
- 9/26/2020 TTC D/CT/Jumper: Beth R McCashin, 336-978-3278, johnttc@aol.com, www.TTCMocksville.com 9/26-27/2020 - NCDCTA Clinic - Katherine Bateson Chandler: Ashley Lynne Dimmette, 704-340-7270, adimmette@gmail.com,
- 9/27/2020 Buckhorn D/CT: Bridget Gibbons MacNair, 919-795-0511, bfecnc@gmail.com, www.BuckhornFarmSP.com 9/30/2020 - DUE: Autumn Leaves Jr/YR Scholarship App: Tiana Renee Darling, 910-705-6817, jryr@ncdcta.org, https://www.ncdcta.org/junior-scholarship
- 10/1/2020 OPEN: 2021 NCDCTA Membership Join/Renew/Register: William M Barrus, 336-410-1301, wb9591@icloud.com, www.NCDCTA.org
- 10/1/2020 OPEN: NCDCTA Autumn Leaves & NCDCTA Dressage Championship: M Teresa Uddo, 352-636-2669, tuddo66@gmail.com, www.ncdcta.org/al
- 10/3/2020 Steeple Hill D/CT: Renee B Weidel, 336-210-9555, shf1983orion@gmail.com, http://www.steeplehillfarm.com/
- 10/3/2020 Windridge Fall HT: Alicia Henderson, 828-674-1885, windridgefarmsnc@gmail.com, http://windridgefarmsnc.com/
- 10/3-4/2020 HRF D/CT/HT: Heather L Hamilton, 910-224-1719, hlhamilton07@gmail.com, www.HeatherRidgeFarm.com 10/7/2020 - OPEN: SPEA WHES Championships & NCDCTA Eventing Championships: Sarah Crevar Thomas, 919-414-4492, sncrevar@gmail.com, www.carolinahorsepark.com
- 10/8-11/2020 GAIG, Region 1 Dressage Championships: Bettina Longaker, 540-832-7611, entries@scriptsrides.com, http:// www.virginiadressage.org
- 10/10-11/2020 SPEA Oct WHES: Abby M Schlicht, 910-875-2074, abby@carolinahorsepark.com, www.carolinahorsepark.com
- 10/14/2020 Stable View Schooling Dressage: Christine Joyce Rhodes, 484-365-3173, secretary@stableviewfarm.com, https://stableviewfarm.com/
- 10/17/2020 Explore the Park Dressage: Todd A Erickson, 919-889-9445, tah@sportofhorses.com, www.SportOfHorses.com
- 10/17/2020 Portofino HT: Sandra S Thompson, 919-270-0089, sandrathompson203@yahoo.com, Portofinoequestrian.com
- 10/18/2020 Buckhorn D/CT: Bridget Gibbons MacNair, 919-795-0511, bfecnc@gmail.com, www.BuckhornFarmSP.com 10/23-25/2020 - Harvest Moon - CBLM Championships: Kathy Grisolia, 631-338-6340, kgrisolia@aol.com,
- www.ncdcta.org/hm
- 10/25/2020 Antares Dressage: Vicki M Kelley, 910-610-8511, vicki@antaresdressage.com, www.antaresdressage.com 10/31/2020 - Britches & Bridles IV: Heidi Evans Medlin, 704-609-6175, medlinheidi@yahoo.com, http://unioncountysaddleclub.weebly.com/
- 10/31/2020 CLOSING: SPEA WHES Championships & NCDCTA Eventing Championships: Sarah Crevar Thomas, 919-414-4492, sncrevar@gmail.com, www.carolinahorsepark.com
- 10/31/2020 TTC D/CT/Jumper: Beth R McCashin, 337-978-3278, johnttc@aol.com, www.TTCMocksville.com

#### FULL SCHEDULE CAN BE FOUND AT

North Carolina Dressage and Combined Training Association NCDCTA Membership Secretary P.O. Box 5813, High Point, NC 27262-5813 NONPROFIT ORANIZATION US POSTAGE PAID SOUTHERN PINES, NC PERMIT No. 289



## 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