

THE NEWS

APRIL 2022



North Carolina Dressage and Combined Training Association

How To Accept Waiting Until Next Year

By: Lei Cluff-Ryan

I applied for the NCDCTA Scholarship in early July with the Haygard Midsouth CCI**L as the scholarship goal around the time I was prepping for the American Eventing Championship's (AEC's). The back story to why I set that goal is my horse Grand Finale "Bunny" and I completed dressage and cross country (XC) on the hilly Virginia CCI**L back in late May. I was not ready for prime time having gone to my father's celebration of life the two weeks before the competition. She was astounding all weekend, jumping the biggest, toughest XC course I had seen in years. However, the jumps in stadium looked enormous, they were 1.15m so my stadium dragon showed up and I steered Bunny over the wrong jump, ending our formerly successful competition with a letter rather than a number. I offer here my circuitous path to NCDCTA Preliminary Horse of the Year without completing a CCI**L.

My plan when I applied for the scholarship was the American Eventing Championships (AECs) at the end of August would be a preparation horse trial for Haygard in October. We went to River Glen in early August to get a CCI** short under our belts and we had an uncharacteristic stop on XC. Mostly a green distraction error caused by the warmup being close to the middle of the XC with a tough question there. However, I then had a newly minted FEI horse. Small victories are lovely.

I subsequently planned to go to AECs via River Glen to school over that problem obstacle after doing other homework. It was an excellent choice that started the ball rolling towards a scratch of Haygard. I had a great few days mid-August at Becky Holder's Windhaven Farm to get Bunny's footwork in line. The trip to AECs with the stop at River Glen took over four days. Combined with the days at Windhaven it took a good bit of energy, and over time she became dehydrated. I arrived at the AECs with a tired horse. Her dressage was lethargic. At XC, she was on the job and rose to the occasion, but just not firing like she should, and we had some time penalties despite solid preparation to run fast. I had fluids run after XC. And she needed them! She was on fire for stadium. We finished 5th in our Preliminary Division there. I could not have been prouder of my horse that I have started and trained myself from a three-year-old.



Grand Finale and Lei Cluff-Ryan at the Intermediate Combined Training Event at the Carolina Horse Park in 2021. Photo Credit to: High Time Photography

We fortunately had an uneventful long drive through the mountains home. My horse was tired. I was tired. In 2019, I separated my shoulder in a fall. I had complete use of my arm afterwards so after a day I decided to wait until my husband returned home for Christmas break. That was COVID year 2020. I never went in for an Xray that year. In the summer of 2021, I went in had an Xray and MRI done. I had a grade 3 separation at the time. Surgery was recommended. However, Bunny was kicking butt at Training Level and pointed to the War Horse Championship which she won as well as NCDCTA Training Level HOY 2020. I postponed taking care of myself. Therefore, I was still operating with a deficit myself all of 2021, my shoulder would get worse, and I had a grade 5 separation by November 2021.

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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.

President's Message

The 2022 NCDCTA Board has begun the new year with excitement, hard work and plans to bring its members fabulous shows, exciting clinicians and continued opportunities to learn and grow in our sport.

I would like to encourage all of our members to get more involved in NCDCTA. This year we are fortunate enough to host the 40th Anniversary CBLMs in September. NCDCTA is planning to go "all out"!

Founded in 1976, this organization is deeply rooted in North Carolina Dressage and Eventing history. Most of our founding members are rubbing elbows and hocks with you at shows.

Take time to join us in celebrating this our 46th year. We have many exciting things planned and we can always use your help.

I am excited to see you all at this year's events.

Lynn Kerin



Continued from front page

In September I looked for a way to get the CCI**L done with a horse that needed a break. I scratched Haygard as it did not offer enough time between events and entered Tryon CCI**L in hopes that I might still acquire my CCI**L. By changing CCI venues, I was able to give her a good two-week break after AECs. I took her to Windridge in early October. We won the IP there. I continued to prep and went to CHP War Horse to do a prep run for Tryon. She was just not interested going over to dressage. We had a lackluster test. I drove home and ruminated on what was important. I made the decision to be done for the year. I was so relieved.



Grand Finale and Lei Cluff-Ryan at the Intermediate Combined Training Event at the Carolina Horse Park in 2021. Photo Credit to: High Time Photography

Goals often help give us purpose, but the journey and its gifts along the way are life's composition. If we do not like who we are before we reach a goal, we will not like who we are whether we achieve the goal or not. As far as horse goals, to me this means we must be okay with the inevitable problems that block goal achievements and be okay with ourselves however things turn out. Horses just want to please us, and our careful stewardship of them makes it more likely we will have a long path with them.

I am sitting here with my arm finally out of a sling after getting my shoulder separation repair surgery, with two more months of healing before I can do any serious horse handling. We will have another CCI ** L

goal soon! I so appreciate NCDCTA for this scholarship and it will get properly used and another more successful article written, I hope. See you out in April 2022!



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Pilates for Equestrians

Improving Spinal Flexibility to get a Better Feel for your Horse

-It All Starts with the Pelvis-

By: Rebekka Schulze

A horse who allows the rider onto his back is a dream to ride. That feeling of true connection between horse and rider is just magical.

How do we get there? By working on ourselves as riders first. Most of us would agree it is extremely unpleasant to sit on a horse who is bracing his back, so it becomes stiff and tight as a board, right? But...for the horse, it is equally uncomfortable to carry a rider who has a tight and stiff back. In order to help the horse be supple, the rider's body has to be flexible and elastic as well.

The challenge in horse riding is that you need to be flexible and stable at the same time. Flexibility is important for following the horse's movement. Stability is needed to keep your body weight from being a discomfort to the horse. I call this "active sitting." While you are in a seated position, you can't be passive. You must work actively and dynamically in order to be efficient with your aids.

It all starts with the pelvis. It's where the rider receives the horse's kinetic energy. The pelvis is built from the sacrum and two bones that form the sides of the pelvis, called "os coxae". The function of the pelvis is to provide support for the spine and protect the inner organs of the pelvis. In addition, the pelvis provides the attachment point for the legs via the hip joints.

The ability to move your pelvis will determine how well your spine moves. A tight pelvis will not allow spinal oscillation, the back-and-forth motion needed to process the horse's energy within the rider's body. The better your body is able to process the horse's input, the more efficient your aids will be - leading to clear communication between horse and rider.

Your spine consists of 26 bones (24 individual vertebrae, sacrum, and tailbone). In between each vertebra is a flexible cushion-like structure called the intervertebral disc. These discs protect the bones, distribute weight, and absorb shock. Through misalignment, stiffness and improper usage, your spine (including the intervertebral discs) is prone to degeneration. Degeneration leads to pain, more stiffness, reduced proprioception, less oscillation, and discs that don't function as well anymore. As a result, the rider will lose the capability of using the seat correctly, which is going to negatively influence the horse as well.

**"If your spine is inflexibly stiff at 30, you are old. If it is completely flexible at 60, you are young."
~ Joseph Pilates**

Isn't that just the truth? But how do we keep our spine completely flexible?

The answer is easy: by strengthening our stabilizer muscles to support the spine, creating a balance of opposing muscles so none is "pulling" the body into misalignment. By mobilizing our fascia and nervous system to help all of our body parts stay connected and provide great feedback. By training our proprioceptive system to help balance ourselves, and by stretching tight muscles and creating length within joints to avoid compression. I know this sounds like an almost impossible task, but Joseph Pilates created a method that trains all of the above—and more. Classical Pilates has already become an important puzzle piece for many equestrians. It can help every rider make those magical moments of true connection with their horses become a reality. *Continued....*

Ok - it's time to get to work: One basic exercise that I teach to all my clients (and which even my most advanced students revisit on a regular basis) is called the Pelvic Clock. This exercise will increase awareness and mobility in the pelvic area. Riders will be able to follow the movement of their horses more easily with improved flexibility in their pelvis.

Not only does the Pelvic Clock help you achieve better mobilization, but like every Pilates exercise, it will give you feedback about your body. How well can you move your pelvis? Does it move better to one side than the other? If you practice on a regular basis, you will feel how the movement starts to become easier, more fluent, and how the range of movement increases.

To get started, lay down on your back on a mat, with your feet flat on the floor. Your knees should be comfortably bent, about a fist-width apart.

Now visualize the face of a clock laying on your pelvis—number 12 of your clock would be at your belly button, number 6 of your clock at the tailbone. Number 3 would be on the left hipbone, number 9 on the right. Start by tilting your clock toward number 12, and then tilt it back to the other direction all the way to number 6. As you go back and forth, you will feel that your lower back will touch the mat when you are at number 12 and that you have a bigger gap in your lower back when you are at number 6. Start with small movements. As you proceed, the movement will automatically become bigger as the pelvis starts to loosen up. But don't force anything—just let the moment flow without rushing it. After a few repetitions, let the pelvis “rest” and allow it to fall into a comfortable position. Most likely, you will now feel a small gap between your low back and the mat—which is normal, since your spine is not straight like a stick but curved like an “S”. In the lower back, we do have one of those natural curves, so if your pelvis is in its neutral position, the lower back will have a small gap. I always describe it as a gap that's just big enough to hold a blueberry.



Rebekka Schulze demonstrating how to start the exercise.
Photo credit: Nicole Kenney Photography

Once the “12 to 6 movement” feels comfortable, you can proceed to the next part of this exercise.

Start with your pelvis in its neutral position. Now move your pelvis to number 3 (left side of the pelvis), and from there to number 9 (right side of the pelvis). You will feel that this movement is a bit more difficult to “find.” Just take your time and explore the movement. Be aware that it is a much smaller movement than the “12 to 6” one. Also, your knees will most likely try to “help” by moving sideways as well. Try to keep the knees still to really isolate the pelvis movement alone. Again, take your time for this and even if it feels at first like an impossible movement, just stick with it - everybody I taught has learned it so far.



Rebekka Schulze demonstrates how to visualize the face of a clock laying on your pelvis. Photo credit: Nicole Kenney Photography

Once you have mastered this movement, you are ready for another step in this exercise.

We are now putting all the movements together, to create a circular pelvis movement. Start at number 12. From there, go around the clock to number 3, then to number 6, from there to number 9, and finish back at number 12. Do about 5 circles before changing directions and doing another 5 circles.

Continued....

When practicing the Pelvic Clock, always start with the 12 to 6 movement, followed by the 3 to 9 and only then do your circles in both directions.

Through better pelvis and spinal mobility, you're riding and ultimately the partnership with your horse will become more meaningful. Have fun playing with these exercises and enjoy the improvements they can bring!

Note: "While this exercise is relatively simple to execute it is recommended the exercise to be attempted for the first time with guidance from a certified Pilates instructor."

Author's bio:

Rebekka Schulze is the owner of Pilates & Horses. She holds a bachelor's degree in PT and has completed "The Work" at Vintage Pilates. As an avid horse rider, she specializes in Pilates for equestrians, and her love for teaching expands to mentoring new instructors.

www.pilatesandhorses.com

Facebook: @PilatesAndHorses



A business card for "High Time Photography" designed to look like a film strip. The left side of the card features three rectangular frames containing equestrian photographs: a rider on a grey horse jumping a white fence, a rider on a brown horse in a dressage movement, and a rider on a brown horse jumping a dark fence. The right side of the card is white and contains the following text: "High Time Photography" in a large, black, sans-serif font, followed by the tagline "Capturing the Times of Your Life" in a smaller, grey, sans-serif font. Below this, the names "Christie and John Snyder" are printed in a red, sans-serif font. At the bottom right, the contact information is listed in red: the phone number "336-671-4446", the email address "hightimephotography@gmail.com", and the website "hightimephotos.com".

Official Photographer for the NCDCTA



NCDCTA CALENDAR

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

SHOWS & EVENTS for 2022 - Please check the Calendar online to stay up to date!

- 4/8-10/2022 - NCAHA/HAHA All Arabian Qualifying Horse Show: Mary Ann Laferriere, 919-923-1295, maryann.laferriere@gmail.com, <http://ncaha.com>**
- 4/9/2022 - Buckhorn D/CT: Bridget Gibbons MacNair, 919-795-0511, bfcnc@gmail.com, www.BuckhornFarmSP.com
- 4/10/2022 - Antares Dressage: Vicki M Kelley, 910-610-8511, vicki@antaresdressage.com, www.antaresdressage.com
- 4/10/2022 - Cattolica Farm Spring Dressage 2: Lorraine Musselman, 919-218-6802, ltmdriving@aol.com, www.cattolicafarm.com
- 4/16/2022 - Explore the Park D/CT: Todd A Erickson, 919-889-9445, tah@sportofhorses.com, www.SportOfHorses.com
- 4/16/2022 - Longleaf Pines HT: Abby M Schlicht, 910-875-2074, abby@carolinahorsepark.com, www.carolinahorsepark.com**
- 4/22-24/2022 - Carolina Region Dressage Rally 2022: Meridith Wasmuth, 919-291-5106, Meridithwasmuth@aol.com, www.ETPCdressage.cf
- 4/22-24/2022 - Tryon Spring Dressage 1: Monica Meyers Fitzgerald, 954-647-7940, mon1206@aol.com, <http://tryon.couth.com>**
- 4/23/2022 - In The Irons Equestrian Dressage Classic: Courtney Beaver, 828-200-2343, intheironsequus@gmail.com, <https://www.intheironsequestrian.com/blank-page-1>
- 4/23/2022 - Portofino Dressage Series: Sandra S Thompson, 919-359-9090, portofinoequestriancenter@gmail.com, www.portofinoequestrian.com
- 4/23/2022 - TTC D/CT/Jumper: Beth R McCashin, 336-978-3278, johnttc@aol.com, www.TTCMocksville.com
- 4/23-24/2022 - Prime Time Dressage: Patricia D Hildreth, 919-210-5899, ssdlcinfo@gmail.com, <http://www.sportingservices.net>**
- 4/24/2022 - Starter HT at Whistling H Farm: Carrie Everhart, 919-413-0917, shawneeacres@gmail.com, <https://www.facebook.com/whistlinghfarms>
- 4/25/2022 - OPEN: Capital Dressage Classic: M Teresa Uddo, 352-636-2669, tuddo66@gmail.com, www.ncdcta.org/cdc
- 5/1/2022 - Buckhorn D/CT: Bridget Gibbons MacNair, 919-795-0511, bfcnc@gmail.com, www.BuckhornFarmSP.com
- 5/1/2022 - Cattolica Farm Spring Dressage 3: Lorraine Musselman, 919-218-6802, ltmdriving@aol.com, www.cattolicafarm.com
- 5/6-8/2022 - Dressage in the Sandhills: Kay Whitlock, 9106928467, kaydq@fastmail.fm, www.carolinadressage.com**
- 5/7/2022 - Hillcrest Farm Schooling HT: Janet Southgate Cagle, 336-918-4329, cagle.janet@gmail.com, www.hillcrestfarms.blogspot.com
- 5/7-8/2022 - Tryon Spring Dressage 2: Monica Meyers Fitzgerald, 954-647-7940, mon1206@aol.com, <http://tryon.couth.com>**
- 5/11/2022 - HRF Wednesday D/CT/HT/WD: Heather Boyer, 910-224-1719, h1hamilton07@gmail.com, www.HeatherRidgeFarm.org
- 5/14/2022 - Explore the Park Dressage: Todd A Erickson, 919-889-9445, tah@sportofhorses.com, www.SportOfHorses.com
- 5/14-15/2022 - Raleigh Spring Dressage: Janine W Malone, 919-602-6203, jemrph@aol.com, www.rosinburg-events.com**
- 5/14-15/2022 - WHES May HT: Abby M Schlicht, 910-875-2074, abby@carolinahorsepark.com, www.carolinahorsepark.com
- 5/21/2022 - Britches & Bridles III: Heidi Evans Medlin, 704-609-6175, medlinheidi@yahoo.com, <http://unioncountysaddleclub.weebly.com>
- 5/21/2022 - Portofino Dressage & CT: Sandra S Thompson, 919-359-9090, portofinoequestriancenter@gmail.com, www.portofinoequestrian.com
- 5/21/2022 - TTC D/CT/Jumper: Beth R McCashin, 337-978-3278, johnttc@aol.com, www.TTCMocksville.com
- 5/25/2022 - CLOSE: Capital Dressage Classic: M Teresa Uddo, 352-636-2669, tuddo66@gmail.com, www.ncdcta.org/cdc
- 5/28/2022 - Steeple Hill D/CT: Will Barrus, 336-410-1301, shfentry@gmail.com, <http://www.steeplehillfarm.com>
- 5/28-29/2022 - MayDay Dressage: Kay Whitlock, 9106928467, kaydq@fastmail.fm, www.carolinadressage.com**
- 6/4/2022 - Hanover Stables Dressage: Brittany Wilhelm, 301-742-1116, brittwilh@gmail.com, <http://hanoverstables.net>

6/4-5/2022 - Capital Dressage Classic: M Teresa Uddo, 352-636-2669, tuddo66@gmail.com, www.ncdcta.org/cdc
6/4-5/2022 - Dressage at FENCE: Patti Hildreth, 919-210-5899, dressageatfence@gmail.com, www.FENCE.org
6/5/2022 - Antares Dressage: Vicki M Kelley, 910-610-8511, vicki@antaresdressage.com, www.antaresdressage.com
6/5/2022 - Portofino HT/CT: Sandra S Thompson, 919-359-9090, sandrathompson203@yahoo.com, www.Portofinoequestrian.com
6/11/2022 - Steeple Hill D/CT: Will Barrus, 336-410-1301, shfentry@gmail.com, <http://www.steeplehillfarm.com>
6/11-12/2022 - Summertime Blues: Kay Whitlock, 9106928467, kaydq@fastmail.fm, www.carolinadressage.com
6/11-12/2022 - WHES June HT: Abby M Schlicht, 910-875-2074, abby@carolinahorsepark.com, www.carolinahorsepark.com
6/15/2022 - HRF Wednesday D/CT/HT/WD: Heather Boyer, 910-224-1719, hlhamilton07@gmail.com, www.HeatherRidgeFarm.org
6/17-18/2022 - Tryon Summer Dressage 1: Monica Meyers Fitzgerald, 954-647-7940, mon1206@aol.com, <http://tryon.couth.com>
6/18/2022 - Explore the Park D/CT: Todd A Erickson, 919-889-9445, tah@sportofhorses.com, www.SportOfHorses.com
6/18/2022 - Portofino Dressage Series: Sandra S Thompson, 919-359-9090, portofinoequestriancenter@gmail.com, www.portofinoequestrian.com
6/18/2022 - TTC D/CT/Jumper: Beth R McCashin, 336-978-3278, johnnttc@aol.com, www.TTCMocksville.com
6/19/2022 - Tryon Summer Dressage 2: Monica Meyers Fitzgerald, 954-647-7940, mon1206@aol.com, <http://tryon.couth.com>
6/25/2022 - Dressage at the Park I: Martie Healy, 352-363-0085, contactmartie@gmail.com, www.EquestrianSecretarialServices.com
6/26/2022 - Dressage at the Park II: Martie Healy, 352-363-0085, contactmartie@gmail.com, www.EquestrianSecretarialServices.com
7/2/2022 - HRF D/CT/HT/WD: Heather Boyer, 910-224-1719, hlhamilton07@gmail.com, www.HeatherRidgeFarm.org
7/9-10/2022 - WHES July HT: Abby M Schlicht, 910-875-2074, abby@carolinahorsepark.com, www.carolinahorsepark.com
7/16/2022 - Portofino Dressage Series: Sandra S Thompson, 919-359-9090, portofinoequestriancenter@gmail.com, www.portofinoequestrian.com
7/16-17/2022 - Rise 'n Shine: Kay Whitlock, 9106928467, kaydq@fastmail.fm, www.carolinadressage.com
7/23/2022 - OPEN: Labor of Love I & II: Lori Kaminski, 302-545-8855, kaminski.lori@gmail.com, www.ncdcta.org/loi
7/23-24/2022 - Summer Breeze: Martie Healy, 352-363-0085, contactmartie@gmail.com, www.EquestrianSecretarialServices.com
7/30/2022 - Raleigh Summer Dressage I: Janine W Malone, 919-602-6203, jemrph@aol.com, www.rosinburg-events.com
7/31/2022 - Raleigh Summer Dressage II: Janine W Malone, 919-602-6203, jemrph@aol.com, www.rosinburg-events.com
8/6/2022 - Portofino Dressage & CT: Sandra S Thompson, 919-359-9090, portofinoequestriancenter@gmail.com, www.portofinoequestrian.com
8/6-7/2022 - Early Morning Blues: Kay Whitlock, 9106928467, kaydq@fastmail.fm, www.carolinadressage.com
8/13/2022 - Made in the Shade I: Martie Healy, 352-363-0085, contactmartie@gmail.com, <https://www.EquestrianSecretarialServices.com>
8/13/2022 - Tryon Summer Dressage 3: Monica Meyers Fitzgerald, 954-647-7940, mon1206@aol.com, <http://tryon.couth.com>
8/14/2022 - Made in the Shade II: Martie Healy, 352-363-0085, contactmartie@gmail.com, www.equestriansecretarialservices.com
8/14/2022 - Tryon Summer Dressage 4: Monica Meyers Fitzgerald, 954-647-7940, mon1206@aol.com, <http://tryon.couth.com>
8/17/2022 - CLOSE: Labor of Love I & II: Lori Kaminski, 302-545-8855, kaminski.lori@gmail.com, www.ncdcta.org/loi
8/17/2022 - HRF Wednesday D/CT/HT/WD: Heather Boyer, 910-224-1719, hlhamilton07@gmail.com, www.HeatherRidgeFarm.org
8/20/2022 - Explore the Park Dressage: Todd A Erickson, 919-889-9445, tah@sportofhorses.com, www.SportOfHorses.com
8/20/2022 - TTC D/CT/Jumper: Beth R McCashin, 336-978-3278, johnnttc@aol.com, www.TTCMocksville.com
8/20-21/2022 - Dressage at Endless Summer: Cassidy Oeltjen, 618-201-3290, cassidy.sitton@gmail.com, www.sportingservices.net
8/27-28/2022 - WHES August HT: Abby M Schlicht, 910-875-2074, abby@carolinahorsepark.com, www.carolinahorsepark.com

9/3/2022 - Labor of Love I: Lori Kaminski, 302-545-8855, kaminski.lori@gmail.com, www.ncdcta.org/lori
 9/3-4/2022 - Cooldown Dressage: Kay Whitlock, 9106928467, kaydq@fastmail.fm, www.carolinadressage.com
 9/4/2022 - Labor of Love II: Lori Kaminski, 302-545-8855, kaminski.lori@gmail.com, www.ncdcta.org/lori
 9/10-11/2022 - Five Points HT: Abby M Schlicht, 910-875-2074, abby@carolinahorsepark.com, www.carolinahorsepark.com
 9/14/2022 - HRF Wednesday D/CT/HT/WD: Heather Boyer, 910-224-1719, hlhamilton07@gmail.com, www.HeatherRidgeFarm.org
 9/16-17/2022 - Tryon Fall Dressage 1: Monica Meyers Fitzgerald, 954-647-7940, mon1206@aol.com, <http://tryon.couth.com>
 9/17/2022 - Explore the Park D/CT: Todd A Erickson, 919-889-9445, tah@sportofhorses.com, www.SportOfHorses.com
 9/17/2022 - TTC D/CT/Jumper: Beth R McCashin, 336-978-3278, johnttc@aol.com, www.TTCMocksville.com
 9/18/2022 - Tryon Fall Dressage 2: Monica Meyers Fitzgerald, 954-647-7940, mon1206@aol.com, <http://tryon.couth.com>
 9/23-25/2022 - Harvest Moon - CBLM Championship: Patti Hildreth, 919-210-5899, ssdlcinfo@gmail.com, www.ncdcta.org/hm
 9/24/2022 - Britches & Bridles IV: Heidi Evans Medlin, 704-609-6175, medlinheidi@yahoo.com, www.unioncountysaddleclub.weebly.com
 9/24/2022 - Portofino Dressage & CT: Sandra S Thompson, 919-359-9090, portofinoequestriancenter@gmail.com, www.portofinoequestrian.com
 10/1/2022 - Hanover Stables Dressage: Brittany Wilhelm, 301-742-1116, brittwilh@gmail.com, www.hanoverstables.net
 10/1/2022 - Steeple Hill D/CT: Will Barrus, 336-410-1301, shfentry@gmail.com, www.steeplehillfarm.com
 10/2/2022 - Buckhorn D/CT: Bridget Gibbons MacNair, 919-795-0511, bfecnc@gmail.com, www.BuckhornFarmSP.com
 10/8/2022 - Portofino Dressage Series: Sandra S Thompson, 919-359-9090, portofinoequestriancenter@gmail.com, www.portofinoequestrian.com
 10/8-9/2022 - Pinehurst Fall Dressage: Patricia D Hildreth, 919-210-5899, whinfarm@bellsouth.net, www.sportingservices.net
 10/15/2022 - Explore the Park Dressage: Todd A Erickson, 919-889-9445, tah@sportofhorses.com, www.SportOfHorses.com
 10/16/2022 - Portofino HT/CT: Sandra S Thompson, 919-359-9090, sandrathompson203@yahoo.com, www.Portofinoequestrian.com
 10/22-23/2022 - SPEA Oct WHES: Abby M Schlicht, 910-875-2074, abby@carolinahorsepark.com, www.carolinahorsepark.com
 10/22-23/2022 - Tryon Riding and Hunt Club "Morris the Horse" Trials: Erin Stormont, 910-617-2531, stormshavenfarm@gmail.com, www.tryonridingandhuntclub.org
 10/28-30/2022 - Tryon Fall Dressage 3: Monica Meyers Fitzgerald, 954-647-7940, mon1206@aol.com, www.tryon.couth.com
 10/29/2022 - HRF D/CT/HT/WD: Heather Boyer, 910-224-1719, hlhamilton07@gmail.com, www.HeatherRidgeFarm.org
 10/29/2022 - Steeple Hill D/CT: Will Barrus, 336-410-1301, shfentry@gmail.com, www.steeplehillfarm.com
 11/5/2022 - Portofino Dressage Series: Sandra S Thompson, 919-359-9090, portofinoequestriancenter@gmail.com, www.portofinoequestrian.com
 11/5-6/2022 - Autumn Leaves - NCDCTA Dressage Championship: M Teresa Uddo, 352-636-2669, tuddo66@gmail.com, www.ncdcta.org/al
 11/12/2022 - Britches & Bridles V: Heidi Evans Medlin, 704-609-6175, medlinheidi@yahoo.com, www.unioncountysaddleclub.weebly.com
 11/12-13/2022 - WHES Nov Championships & NCDCTA Eventing Championships: Abby M Schlicht, 910-875-2074, abby@carolinahorsepark.com, www.carolinahorsepark.com
 11/19/2022 - Explore the Park D/CT: Todd A Erickson, 919-889-9445, tah@sportofhorses.com, www.SportOfHorses.com
 11/20/2022 - Buckhorn D/CT: Bridget Gibbons MacNair, 919-795-0511, bfecnc@gmail.com, www.BuckhornFarmSP.com
 11/23/2022 - HRF Wednesday D/CT/HT/WD: Heather Boyer, 910-224-1719, hlhamilton07@gmail.com, www.HeatherRidgeFarm.org
 12/4/2022 - Starter HT at Whistling H Farm: Carrie Everhart, 919-413-0917, shawneeacres@gmail.com, www.facebook.com/whistlinghfarms
 12/17/2022 - HRF Wednesday D/CT/HT/WD: Heather Boyer, 910-224-1719, hlhamilton07@gmail.com, www.HeatherRidgeFarm.org

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

NCDCTA Board Meeting

March 1, 2022

Minutes of March 1, 2022, NCDCTA Board Call conducted via Zoom called to order by Lynn Kerin at 6:30 PM

Present at Meeting: Lynn Kerin, Helen Ingersoll, Jessica Brown, Alex Martini, Tyler James, Jennifer Flowers, Stephanie Bristol, Charlotte Meli and Emme Johnston. Absent from the Meeting were Tonya Bruno, Rebecca Mahaffey and Tiana Darling

Current membership numbers for 3/1/2022

Adult Amateur: 241

Jr/YR: 67

Open: 90

Total Members: 398

Paid Horses: 182

Volunteer Card Horses: 67

Total Horses: 249

President's Report, Lynn Kerin: USDF Meeting for BLM bids is scheduled for March 2, 2022, to present bids for BLM's. The bid dates we will submit are September 15-17, 2023, at Carolina Horse Park and September 29- October 1 is for Williamston, NC. Patti Hildreth is helping coordinate the logistics with USDF.

Help getting sponsorship for shows (examples dog shows, sponsored Hospitality Golf Carts) has been requested by Lynn.

Three key positions are open Treasurer, Competition Chair and Gala. Lynn noted that these three positions require a great deal of work and asks the Board going forward to determine how we can make these positions more fairly divided. For 2022 NCDCTA has three sponsored Shows. These include Capital Dressage Classic, Labor of Love, September 23- September 25 BLM's at Carolina Horse Park and November 5 and 6 Autumn Leaves NCDCTA Championships at Carolina Horse Park. Lynn stressed the importance of the Board getting sponsorships for all four of these events and they can be as small as \$100 and up to \$1500. Lynn has also asked that each Board Member plan to be present at the Shows. Lynn addressed our need for a Budget and asked that as a start each Committee Chair put together what their projected costs are so the amounts can be evaluated.

Vice President's Report, Helen Ingersoll: Helen plans to focus on Organizational Development and how NCDCTA Functions as a non-profit. A focus will be making sure all Board Members are aware of what it means to be fiduciaries of the Budget to serve our Membership.

Will Barrus forwarded The Articles of Constitution and Terms and Conditions document to the Board. This is the public face and rules of how we operate as a Board for our Membership.

Helen is also working to develop a Mission Statement which will be discussed during the May Board Retreat to discuss the development of a Mission Statement.

Prior to the April meeting, Helen will send out a proposed Fiscal management Policy for NCDCTA for discussion and vote.

Treasurer's Report, Tyler James: Tyler has been working through outstanding CBLM refunds and Prize Lists monies for NCDCTA Championships. Tax filing and insurance information are two items that need to be addressed.

Gala Report: Jessica Brown is shipping all prizes that were not picked up at the Gala by the end of March. Lynn is taking all the leftover Gala items from Jessica.

Eventing Report: Nothing to report

Communication Report: Nothing to report

Jr/YR Committee Report: Jennifer Flowers has been brainstorming with area Trainers about having a local Jr/YR clinic. She is also looking to have Lendon Gray of Dressage 4 Kids back to an NCDCTA Event. Lynn asked Jennifer for thoughts on events (stall decorating, costumes) at the four sponsored NCDCTA Shows. Jennifer also asked for clarification on the Scholarship programs for Juniors for NCDCTA Shows which Will Barrus answered. We have Scholarships for all four NCDCTA Competitions and they must be received by the Show Closing Date. In addition, there is an Eventing Grant for Spring and Fall. The Eventing Grants recipients must be NCDCTA Members.

Education Committee Report: Emme Johnston is working on additional online "Asking the Experts" with the help of Amy Brumbach who is stepping into role of co-chair. Emme made a motion to give a Newsletter advertisement or a Volunteer Card for their participation in the "Ask the Experts" forums. Helen Ingersoll seconded the motion. The motion passed unopposed. They are also working to have a clinician come later in the year.

The next Board meeting is remotely scheduled for April 5, 2022.

The May Board meeting will be an in-person Board planning retreat on May 3, 2022

Minutes respectfully submitted by Tonya Bruno, Recording Secretary

Passed by majority Vote

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

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NCDCTA

Congratulations!
Eventing Medals Awarded
during the 2021 NCDCTA Gala!



GOLD MEDALS

Neilly Quinones – GAG CT
Elena Chisolm – GAG CT
Dianne May – Maiden HT
Joan Hillsman- (2) Maiden HT
Claudia Foushee – Maiden CT
Parker Foley – Maiden CT
Leila Cluff-Ryan – Beg. Novice HT
Rena Rhodes – Novice CT
Leila Cluff-Ryan – Training HT
Lisa Chan – Training HT
Anne Beech – Training CT
Lelia Cluff-Ryan -Preliminary

SLIVER MEDALS

Ashleigh Hastings – GAG HT
Elena Chisholm – GAG CT
Ashleigh Hastings – GAG CT
Joan Hillsman – (2) Maiden CT
Mandy Lindler – Maiden CT

BRONZE MEDALS

Mandy Linder – Beginner Novice HT
Kristi Foreman – Preliminary HT