



## **KDEA E Newsletter –Early January 2025**

### **KDEA Mission Statement**

KDEA serves the South Central Kansas dressage and eventing community by providing educational, social, and competitive opportunities that promote a harmonious partnership between horse and rider



### **KDEA Officers and Board 2024**

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### **Committees:**

Education: Jessica Ptak, Chair; Marie Maloney, Gail Knoffloch, Janet Kernan

jessica.ptak1993@gmail.com

Competition: Susan Lang, Chair; Haley Kottler, Valerie Grinko, Jennifer Thuener, Cynthia Moriarty

smlang2@cox.net

Awards: Kim Miller, Chair; Haley Kottler

info@Eagle Viewequestrian.com

Publicity: Kim Miller (Website), Susan Lang (newsletter)

Membership: Charlotte Pinkall, Chair (if you haven't joined for 2025, see kdea.org for form)

pinkallc@gmail.com

Volunteer: Marty Foster Dennett, Chair

shobewalkin@gmail.com

Scholarship: Shana Drake, Chair

sdranch88@gmail.com

Nominating: Marty Foster-Dennett, Valarie Bowlby

If I forgot to list someone who is on a committee...please let me (Susan) know for the newsletter, and let the Committee Chair know. If you are interested in learning more about what these committees do, and how you could contribute, please contact the committee chair and/or Officer/Board Member.

### **In This Newsletter...**

#### **President's Message**

**KDEA Awards Meeting – January 12th**

**KDEA Ride a Test – March 1-2**

**KDEA Schooling Shows –Dates to put on calendar**

**KDEA Recognized Show – Western Dressage**

**KDEA Western Dressage – Thank you to our sponsors**

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**President's Message:**

Thank you to everyone who came out to the December election meeting and holiday party! I am grateful to have been elected for my third term as KDEA President and am looking forward to a busy and fun year with a great group of people.

KDEA is such an active club that it is nice in the winter to take some time to reset and look at past accomplishments and goals for the new year. There are many resources for setting equestrian goals and I have found it helpful to write my goals down, share them with my instructor and then go back and review them periodically. Sometimes I do have to revise and that is part of horsemanship.

Remember to look at the USDF, USEF, USEA and WDAA websites for educational offerings and opportunities both online and in person during the winter. There is information in this newsletter about how to log in to USDF and you are welcome to reach out to any officers to find out how to log into the other sites.

Thank you again for allowing me to serve another term as KDEA president and I am looking forward to another great year!

Cassie Black, **KDEA President**

**KDEA Awards Meeting – January 12<sup>th</sup> at Equestrian Estates Clubhouse at 2:00pm**

- Directions: Pass by Eagle View, and turn left at the 1<sup>st</sup> street (Triple Crown). Clubhouse is approx 1 block north on west side of street. Look for lots of pickup trucks parked...)
- Light refreshments (Taco Bar). If you'd like to help with set up, contact Haley Kottler at 405-308-2145

**KDEA Ride A Test – Coming Sat/Sun March 1-2 at Capall and Eagle View.**

The instructors this year will be Marie Maloney, Susan Lang and Cassie Black. We will hold sessions at both Eagle View (AM Sat/PM Sun) and Capall (PM Sat/AM Sun).

Format: Sessions are 30 minutes long, and, in that 30 minutes, you can determine what you will do.

You can:

- Ride a Test “straight through” and get it scored as if you were in a show. You can have a reader.
- Ride a Test and choose “do overs” in the test if you choose, being scored on 1<sup>st</sup> attempt.
- In addition to a scoresheet, get feedback from the judge on what to work on.
- Work with the judge on tips and pointers for a better test or better geometry.
- Option to re-ride the test and get it scored again (or not)
- You can also come in and ride as many tests as you can accomplish in the 30 minutes
- We will allow you to come into the ring to warm up about 10 minutes before your scheduled time, but you need to give way to the person still in their session.
- You can also opt NOT to ride a test, but declare your test level and be instructed by the judge with what you want to work on for that level.

- Last year, the Ride A Test filled, so riders will be initially scheduled for only ONE session, but if you want the option of a 2<sup>nd</sup>, you may get a 2<sup>nd</sup> ride if the clinic does not fill.
- Riders can choose which judge they do/don't want to work with, and we will do our best to accommodate. You may want to work with your "favorite" instructor, or you may want to get a different opinion/view or different venue for your ride. Communication is the key...we'll try to accommodate what you need.

### **KDEA Dressage Schooling Shows – 2025**

April 12<sup>th</sup> - Eagle View Equestrian – Judge: Jane Fucinaro, Nebraska L Graduate.  
 May 17<sup>th</sup> - Three Wooden Crosses – Judge: Holly Luke, Oklahoma L Graduate  
 July 12<sup>th</sup> Three Wooden Crosses – Judge: Rebecca O'Bea, Kansas L Graduate  
 Sept 13 Eagle View Equestrian – Judge: Sherry Guess, Oklahoma L Graduate

### **KDEA USEF Recognized Show**

June 14-15 Kansas State Fairgrounds – Judge: Dolly Hannon "R" Western Dressage  
 Watch KDEA website and Horse Show Consulting.com for entry form to be posted in January

We are soliciting class sponsors for this show as well as donations for our Raffle and Silent Auction. For more information, see flyer later in newsletter.

- A big thank you to those who have provided their support in the form of sponsorship – Michelle Stein, The Decarsky Foundation, and others who have or will provide raffle and silent auction items for this year's show.

### **Education Committee Spotlight**

The education committee is led by the Education Committee Chair, Jessica Ptak-Hooker. Jessica took on the role at the end of 2024 when the previous chair moved out of state. She is very excited to amp up the educational opportunities in 2025! The committee consists of a rider from each discipline – dressage, eventer(s), and western dressage. What does your education committee do?

- Have quarterly meetings to plan and discuss upcoming educational events
- Coordinate mini education sessions for the even months of the year
- Plan larger clinics and seminars
- Coordinate travel for clinicians
- Ensure website/publicity chair has the calendar of events to include in the newsletters

Here's a glimpse of our plan for 2025:

- **January 12<sup>th</sup>** – Ride for More: Unlock New Honors with USDF & USEA Awards!
- **February 4<sup>th</sup>** – Off-Season, On Point: Level Up with Online & Book Learning!
- **April 1<sup>st</sup>** – Bailey Jo Jefferies of Legacy Equine Management, LLC – Breeding & Rehab Management, Equine Insurance, PEMF/Magna Wave, and ESM Swim Gym
  - Location: Bailey's facility in Park City
  - Refreshments provided by Dan Baum with Countryside Feed
- **June 3<sup>rd</sup>** – Post with Purpose: Mastering the Dos and Don'ts of Social Media!
- **August 5<sup>th</sup>** – Strong in the Saddle: Elevate Your Ride with Pilates for Equestrians!
- **October 7<sup>th</sup>** – Clear Your Mind, Own the Ride: Unlock Confidence with Sports Psychology!

We are planning some larger educational events like a Bitting Clinic in February, Dressage Geometry in March with Susan and Marie, Alejandra Gonzalez Rider Bio-Mechanics Clinic in the spring and the fall, a Liberty Clinic, and our big event, a one-day educational seminar covering many topics to help us be better horse men and women. Topics will include nutrition, sport horse maintenance, chiropractic, acupuncture, equine law, pasture maintenance, etc.

**If you are interested in getting involved** in the committee and/or have suggestions for additional educational opportunities, we would love to hear from you! We would love to have a junior join our committee to ensure we are hearing from all age groups and disciplines! Please reach out to Jessica Ptak-Hooker for more information! [Jessica.ptac1993@gmail.com](mailto:Jessica.ptac1993@gmail.com)

## **HOW NOT TO BE ELIMINATED SERIES**

**Installment #3** – Rider has memorized the wrong test or goes off course and their trainer or friend steps in to try to correct the issue while the rider is in the competition arena.

The USEF rule states...

“DR 122.10. Unauthorized Assistance is forbidden under penalty of elimination. Any intervention by a third party, including members of the Jury, with the object of facilitating the task of the competitor, including voice, signals, remounting, catching a horse inside the ring, etc., is illegal assistance. Except in the case of an error, any outside assistance provided by or authorized by a member of the Jury will result in elimination. A member of the Jury may not discuss a ride with a competitor before the bell or after the final salute. Use of any kind of noisemaking devices or equipment including “clickers” is considered unauthorized assistance and shall be penalized by elimination.”

DR 122.1 All Federation Tests may be called during the competition except, under penalty of elimination, at any Final or Championship Event at which time all tests must be ridden from memory. If test is announced, it is the responsibility of the competitor to arrange for a person to announce the test. Unless an exception is made by the judge, **the announcing of the test must start with the first movement. Lateness and errors in announcing the ride will not relieve the rider from “error penalties”. Announcing the tests is limited to reading the movement as it is written once only.** However, the repetition of reading of a movement is acceptable if there is reason to doubt that the rider heard the original call. Calling of these tests in a foreign language must receive prior consent of the show committee and the Ground Jury. A competition cannot require competitors to use callers employed by the competition management. USEF Rulebook

**In other words...** While a rider is in the ring he or she may not receive direction or assistance from anybody, even from the reader if they are using one! There are limited circumstances (see above) when a reader can repeat a movement, and the reader must start reading with the first movement (i.e. someone can't step in and begin reading mid test, or step in to “bail them out” after they've gone off course and incurred an error).

**But...if you are Eventing...the rule is different..**

Learning wrong test at a USEA Event:

After initial error (judge will ring them off course for riding wrong test/line of travel), the judge will ask rider to stay in ring and try to ride correct test. Most riders know both tests of their level. If they have 3 errors (I.e they continue to go off course as they go along), they are scored as a “TE” for Technical Elimination. They are not permitted to leave ring, learn test, and return. (EV118.11 and EV118.9)

## **USDF Book Club**

The United States Dressage Federation™ (USDF) is pleased to announce the launch of the new USDF Book Club. This exciting program is the newest in a long list of education initiatives and opportunities created and offered by USDF. By participating in the USDF Book Club, members will be introduced to the published works of the industry's top authors and professionals, and engage them in firsthand discussions through webinars and on The Dressage Radio Show podcast. [Read more here](#)

### **2025 Book List**

[Build a Better Athlete by Leslie Webb](#) – January through March

[Collective Remarks by Anne Gribbons](#) – April through June

[33 Strength and Fitness Workouts for Horses by Jec Ballou](#) – July through September

[Begin and Begin Again by Denny Emerson](#) – October through December

**Volunteer Incentive Program.** The USDF Group Member Organizations Volunteer Incentive Program is a fabulous opportunity for recognition of our members that isn't very well known! The Group Member Organization (GMO) Volunteer Incentive Program is a way for current USDF Group Members to earn recognition by volunteering with their GMO(s). Track your volunteer hours using the GMO Volunteer Incentive Program Hour Log below and have a current GMO officer or official of record with USDF (president, vice president, secretary, treasurer, newsletter editor, webmaster, roster contact) validate your hours with their signature. Once a milestone has been achieved, submit the form to USDF. Hours can be carried over to the following year(s), allowing you to earn recognition as time allows you to volunteer.

[More information here](#)

**USDF University.** As you perhaps sit inside watching cold or snowy weather, don't forget about the USDF University, which offers hundreds of video sessions and educational articles to keep you learning throughout the winter months. You need to be logged in to the USDF website (if you are a KDEA member and haven't created a USDF log in, you can do so with your **HOW TO LOG IN**

### **Welcome to The Dressage Foundation!**

The Dressage Foundation (TDF) is a 501(c)(3) non-profit, tax-exempt organization, helping dressage enthusiasts across the country reach their goals and realize their dreams! Founded in 1989 by Lowell Boomer, TDF has awarded millions of dollars in grant funding to help our sport continue to grow and thrive. Grants are available for riders of all ages and levels, instructors, judges, breeders, show managers, dressage clubs, and more.

The Dressage Foundation has provided KDEA several grants in the past 10 years – to help KDEA bring in clinicians or to bring in an educational program. The Foundation relies on donations from those who support dressage, and one of the easiest ways to make a one-time donation is to designate a memorial to a horse or rider. So if you have a special horse that you want to honor, or a friend of dressage you want to honor, check out the following link:

<https://www.dressagefoundation.org/ways-to-give/book-of-memory/make-a-memorial-donation.html>

The Foundation sends you a confirmation, and also sends an acknowledgment to the surviving family member you list. There is also a Honor Book that lists those who are remembered (both equine and human ) with your donation.

## **Raffle and Silent Auction at Western Dressage Show How Can You Participate?**

**Our show on June 14-15 will feature** a raffle and silent auction. The idea is that for each \$1.00 donation, you get a ticket that you can place into the box in front of the raffle item that you would like to take home with you. At noon on Sunday, we will have a drawing...to see who wins each item. We will also have Auction items that you can bid on...and the bidding closes at noon on Sunday with the highest bidder winning. Proceeds from the Raffle and Auction go to help fund our shows. Must be present to win, or designate someone to pick up your winnings.



**Just what might be on the Raffle or Silent Auction?** Well, you never know, but we have artwork, saddle covers, garment bags, barn supplies...so far...and we are also **soliciting items from members**, competitors, etc. For example, if you have a business making some type of horse item or providing a horse-related service...let us know if you want to bring an item (or gift certificate) for the Raffle/Silent Auction and get exposure for your service (bring flyers to put out with your item). Or if you have something that you want to donate (new items, or very gently used) let us know what you have to contribute.

**Vendor booths** at the show are \$100, and your table will be inside under cover (unless you have a trailer that you need to park, then we will try to find you a spot under cover). So if you have a product or service you want to showcase, this may be your chance! Please provide your own tables, as the Fairgrounds has a limited number and there is a fee per table.

Also – Bring a **“Barn Basket”** for the Raffle! What is a Barn Basket? Your barn, or a group of riders, can contribute to a Basket (Bucket? Feed Tub?) with horse-themed items that you think others would enjoy. Watch the tickets accumulate...and see who wins your Basket. The funds from these Baskets will help fund our show, and we may keep separate tabs on the Barn Basket winnings to provide a special something at our 2026 show.

**Class Sponsorships.** Not showing this year and **want to support our competition?** A Western Dressage enthusiast who wants to support what we do? You can sponsor a class (or two) at the show for \$50.00 per class. That helps us pay for the judge/steward and provide ribbons for the class. Shows are expensive to run, and we try to keep costs low for our competitors, so if you can help our “bottom line” by giving us a class sponsorship, please contact Eloise Melton at [ejphilton@aol.com](mailto:ejphilton@aol.com) or Susan lang at [smlang2@cox.net](mailto:smlang2@cox.net)

### **Convention Notes – 2024 – by Susan Lang, KDEA Delegate**

#### **Judge’s Education Session – Mike Osinski**

- Dressage seat equitation (DSE) has doubled in class entries, but there are not any awards for right now.
- DSE classees are an excellent source of revenue for a show (multiple people in the ring at once)
- A new working group is being formed to develop and grow the Adult Dressage Seat Eq division
- There will be better training modules for judges, show managers and ring stewards to properly manage these classes, especially at Regionals and Nationals. When only a few in class, not a big issue, but when 25 in a class, and when “workout” is required (at Nationals) the classes can last too long if not run in a timely manner (horses in ring too long...)

#### **Bylaws Committee - Chris Trentleman**

- New Group Member Organization category for 8 to 24 members.

- If a new GMO tries to form, and can't get the required 25...then can be a "Limited GMO" until they go 25+ members. They have all benefits of GMO but do not carry a vote at the Board of Governor's.
- If an existing GMO has falling membership, or if at the new December 1<sup>st</sup> membership year, the GMO has less than 25, the GMO is automatically switched to a "Limited GMO" but doesn't lose their status as a GMO (i.e. doesn't have to reapply to become a GMO). When go back above 25, raised back to "Regular" GMO>

#### **Instructor/Trainer Committee – Lilo Fore**

- Instructor/Trainer seminars are for those who want to test to become a certified instructor, but are also for those who want to LEARN but not test.

#### **Technical Delegate Committee – Jean Kraus**

- Goals to develop educational modules for Tds and show officials.
- Keep Tds current and keep them educating at shows.
- TD seminars are both in person and via webinars.

#### **Judge Committee – Gary Rockwell**

- The tests are beginning their revision phase, and comments/suggeztions were due December 1<sup>st</sup>.
- A few tests were too long, and others are going to have their purpose updated to better reflect horse welfare and harmony.
- Comments in general to judging committee is that the cost of showing is going up every year. No solution there, as related to increased prices for everything required to run a show.
- Horse Welfare -- Judge's have one vantage point on a ring – they can't see 360 around a horse like cameras on a ring can see.
  - Judges are criticized for not penalizing an open mouth, tongue – but they can only comment upon and mark up/down for what they can actually see.
  - Media makes it seem like judges must see everything-- when each judge has their own perspective depending on where they are sitting on the ring.
  - Dressage Seat Equitation – Judge, TD, Show Management, Ring Stewards must be on same page as to how class is going to be run. New protocols being developed (especially for use at Regionals and Nationals)

#### **L Faculty Committee – Joan Darnell**

- Many videos are onn line for educational purposes.
- L Program held 11 programs in 2024
- The D-1 session is being developed as an On Line Session for GMOs to show.

#### **Competition Management -**

- Trainer versus Coach – be sure you know the difference. Trainer is the person responsible for health of horse at show...coach is the instructor (whether paid or not)

#### **Adult Programs – Holly Hilliard**

- GMO Education Initiative - \$1000 grant
- Upcoming virtual clinic – 1/8/25 – Developing an Effective Warmup Strategy
- Book Club Selections for 2025 – Build a Better Athlete, Collective Remarks, 33 Essential Exercises, and Begin and Begin Again. Watch for more info here
  - <https://www.usdf.org/education/book-club.asp>

#### **FEI Youth Programs – Roberta Williams**

- North American Youth Championship is the highest horseeshow on continent other than Olympics and Pan Am Games.
- 2025 will have Children's Division at NAYC (age 12-14)

- Junior (age 14-18)
- Young Rider (Age 16-21)
- U25 (16-25)

#### **National Youth Programs – Roz Kinstler**

- Shining Star Award – does not have to be at a Recognized show. Is for someone who shows outstanding sportsmanship.
- Spirit Award – again, does not have to be at a Recognized show. Is for a kid who is enthusiastic and upbeat about competing and is positive to all.

Other Committees (no notes on these): Regional Championships, Awards, Sport Horse.

#### **2025 National Dressage Finals will be October 29 to November 1<sup>st</sup> in Wilmington, OH**

- Same footing in all rings
- 8 am to 10pm rides – all Championship classes indoors
- A few non championship rides may be in outdoor arenas
- All stabling is inside
- Relatively the same cost
- Judges are approved by USEF
- All Regional Finals will be on TWO weekends next year, in order to get Regionals done before the (earlier) National Finals.
  - Statistics from 2023 and 2024 Finals – presented by Deb Rinehart
  - In 2024 - 911 rides from 421 entries
  - In 2023 – 817 rides from 375 entries
  - Remains to be seen whether entries increase with backing show up one weekend (better weather to travel) and holding at a facility with more indoor rings.

#### **Region 4 Meeting – Anne Sushko, Region 4 Chair**

- 27 Recognized shows in Region 4 in 2024
- Used 13 different Tds at those 27 shows
- Used 34 different judges at those shows (some shows had 2 or 3 judges)
- For 2025, Maffitt Lake will not bid on hosting the Regionals unless they get a confirmed \$25,000 sponsor to assist with running a quality show.
- Largest GMO in Region 4 is Central States with 337 members
- KDEA gained 11 members in 2024 over 2023

#### **Adequan – Title Sponsor of USDF Convention – presented by Howland Mansfield, DVM**

- 60% of lameness is from osteoarthritis so we need to diagnose it early
- Joint membrane gets inflamed and enzymes attack.
- Cartilage softens and drodes until eventually bone on bone.
- Need to break the cycle of inflammation.
- Articular cartilage is 70% water and spreads compression over joint.
- Cartilage does not have blood supply.
- Joint fluid should be viscous and when pressure increases, then fluid degrades and it becomes skinny and no longer protects
- Signs of degenerative joint disease:
  - grumpy
  - not getting usual performance



- heat, pain, swelling
- joint enlargement
- Tips to avoid DJD –
  - “motion is lotion” so make sure they get to move/turnout
  - keep the horse a healthy weight so joints are not overloaded
  - Practice good warmup and cooldown practices
- Treatments for DJD
  - NSAIDS such as HA and PSGAG
  - Surgery – remove a chip
  - Regenerative – PRP or IRAP
  - Alternative Therapy – Acupuncture, Chiropractic, Massage
  - Rest
- Adequan is an approved drug
  - Peak level within 2 hours of administration
  - HA doubles in joint within 45 hours
  - Peak levels within 24 to 48 hours
  - Persistent level for 96 hours (4 days)
  - This is why the packaging says a series of 7 vials given in 4-day intervals. Creates a high level of anti-inflammatory for a LONG period of time (28 days)
  - After 1 shot you get 19% improvement in joint mobility
  - After 7 shots you get 71% improvement in joint mobility.
  - This is why the “1 shot a month” maintenance does not provide the best effect.

### **Biomechanics of Rider Position**

- Horse biomechanics and rider biomechanics must act together.
- Rider biomechanics affects horse biomechanics.
- Seat of rider and horse’s back are main area of contact.
- Rider must be supple and effective with muscles to stabilize body and develop an independent seat.
- Rider must organize and control body relative to movement of the horse.
- Impulsion – are we blocking by not following, or are we not stable enough to assist the horse?
- Straightness – is the rider able to be both vertically and horizontally balanced through figures (circles, corners) and when asking for bend.
- Collection – Rider must have self carriage to help influence the horse.

### **Lilo Fore and Sarah Geike – Teaching the Flying Change**

Criterion before teaching:

- Balanced canter – rider must be balanced and must balance the horse right/left
  - Collapsed horses make for crooked riders, and crooked or collapsed riders make for crooked horses.
- Adjustability in canter
- Straightness in canter (straight horse is a supple horse)
- Transitions canter-tro- canter and canter-walk-canter.
- Must know aids for canter depart and rider must be able to provide careful quiet aids for a depart (and subsequently for a flying change)

The horse that has uphill quality gaits can be introduced to the flying change sooner than a horse that is conformation-challenged or is poorly schooled.

- Start teaching the change that is easier for the horse; you do not need to do changes both directions each day.
- When teaching the change, choose a physical place in the arena where the horse WANTS to do a flying change:
- Use the same spot for the change for awhile so the careful repetition creates a horse that understands the aids.

Possible lines on which to teach the change;

- Diagonal line from E to F and then a change before F, or diagonal line from B to K – then a change before K
- Shallow Loop F toward X to M -- the first time you get near X, do canter, walk, canter. The second time you school the loop, do the flying change on the 2<sup>nd</sup> half of the loop.
- Another pattern is a figure 8 that is “20 meterish” in size. Start with a simple change at X, and progress to a flying change at X when changing direction.
- Another pattern is half pass to the rail, and do a flying change upon returning to the rail.

Above all, the rider must have careful, quiet aids fro the flying change. If the rider an accomplish a quiet, quality canter-walk-canter, then the flying change should have the same quality.

### **Other Presentations.**

I also listened to several other presentations, but as the presentations were on a Powerpoint, and went quite fast (there’s never enough time) I was not able to write up any (coherent) notes on these. One was a session with a Mitochondrial Biologist (Dr Sarah White Springer) who spoke about research to quantify “fatigue” in horses, down to the cellular level. See this website for the Institute For Equine Sciences: <https://agriliferesearch.tamu.edu/texas-am-institute-for-equine-sciences/>

### **Presentation by David O’Connor, USEF Chief of Sport**

Start off with some statistics:

39 million people (10% of US population) have an interest in horses in sport.

2 million actually own a horse

In 1920, there were 26 million horses in the US

in 1960, there were 3 million horses in the US

In 2024, ther are 7 million horses in the US

70% of the US population have no positive or negative feeling about horses, but media outlets (TV, social media, podcasts, etc), special interest groups, pictures, videos grab them and then they take on that view or idea of horses (whether based in fact or not).

Social License to Practice is the public acceptance of your activity to exist and operate. As people who support and participate in horse sports, we must cultivate and maintain the trust of the general public to maintain our “license” with the public to continue with our horse sports.

We also must think about ALL horse sports, not just dressage, or jumping, or Olympic sports, but ALL horse sports (racing, rodeo, breed shows, hunting, steeplechasing, vaulting, etc. The general public does not distinguish between disciplines as they just see a horse, so a horse in any sporting activity, in any picture on social media, influences the public’s perception of horse sports in general. In addition, 70% of the general public forms its perceptions of horse sports not based on knowledge, but based on the

EMOTION they feel when looking at a video, post, or picture. We all must acknowledge that “social license to practice” is all of our responsibility with what we say, how we teach/train, what we post, or what we promote.

Survey:

- 67% of the **public** responded that horses do NOT enjoy being in their sport.
- 33% of **public** responded that horses DO enjoy being in their sport
  
- Horse People
- 50% of **horse people** responded that they think horses enjoy their sport
- 50% of **horse people** responded that they think horses do NOT enjoy their sport.
  
- This is somewhat troubling, as 50% of those “in the know” believe horses do not enjoy themselves in their sport.

The five domains of animal welfare are:

- **Nutrition:**The quality and variety of food and water available
- **Environment:**The physical space, air quality, and environmental change
- **Health:**The animal's physical fitness, and whether they are free of disease and injury
- **Behavior:**The animal's opportunities to play, explore, and socialize
- **Mental state:**The animal's subjective experiences, such as fear, anxiety, or distress

A horse or an animal can be uncomfortable or unhappy for a moment, but overall have a comfortable life with positives in the 5 domains. However, if the public sees a moment of “unhappiness” depicted in a photo or video, then they may believe that “moment” is their whole life.

So as members of the horse community, we must be very cognizant of horse welfare and work to create quality lives for our horses in sport. Of course, we must speak out when there is a horse welfare issue that needs to be addressed, and USEF has a very strong emphasis on horse welfare and reporting of welfare issues. As horse owners or enthusiasts, we must also be careful about what we post, what we say, how we train, how we teach, as one “unhappy moment” in an otherwise comfortable and well cared-for life and threaten our “social license to practice” our ability to own horses and use them in sport.