



KDEA E Newsletter –Mid August 2024

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

President: Cassie Black

Vice President: Cyndi Harris

Secretary Jennifer Thuener

Treasurer: Hillary Akers

Board: Susan Lang, Becky Rolph, Kim Miller, Natalie Petz, Lisa Del Mundo, Marty Foster Dennett, Joanna Gunzelman, Eysley Hatfield-Jr Rep, Natalie Parnell-Jr Rep

In This Newsletter....

- President's Message.
- August 17th Schooling Show – Write up and results
- Sport Horse Seminar
- Awards....deadlines and considerations
- Upcoming KDEA Schooling Show on Sept 14^h at Eagleview. Judge: Sherry Guess, L Graduate and USDF Certified Instructor
- Alejandra Gonzalez clinic – brought to you by the KDEA Education Committee – Sept 27-20 at Capall Stables
- Nominating Committee – 2025 Officers and Board
- October 1st KDEA Meeting at Capall Stables – Educational Session on Magnawave – by Ashlynn Riley. Meeting to follow.
- November 2nd – Reschedule Date for KDEA Schooling Show at Twin Creek Trails that had to be postponed from July 13th
- Volunteer Opportunities
- Learning to Pivot – by Hillary Akers (and it's not about learning how to do a Western pivot...)
- Show Warmup Strategies – from last Mini Education session
- and Announcing....June 14-15, 2025 – KDEA Western Dressage “Lite” Show – at the Kansas State Fairgrounds.

President's Message:

Fall is back to school season. For KDEA we have had a little bit of a summer break with fewer shows and a chance to reset and rest (a little bit). We are getting back into the swing of cooler mornings and evening and getting ready for the bigger, year end shows, but thinking about back to school in relation to our horses is an interesting idea.

KDEA strongly encourages education regarding our horses and our improvement as riders. We are so excited to be offering a biomechanics clinic with Alejandra Gonzalez from Costa Rica on September 27-29th. She was a national Dressage team member for Costa Rica, and has certifications in Parelli Natural Horsemanship, Train your Seat, and the Franklin Method. She is a well-rounded instructor who will be

bringing another level of biomechanics understanding to riders and auditors. Watch the website and Facebook for more information and to sign up.

Back to school is also an opportunity for new experiences. This is the first in many years that KDEA has been able to award our \$300 grant to two very worthy young riders (Eysley Hatfield and Natalie Parnell). Both girls are planning to use the money to experience some bigger show venues than they have gone to in the past. I am so glad that KDEA has been able to help them expand their horsemanship in this new way.

We also are glad to take this opportunity to get back to a little more of a schedule and rhythm with our horses and riding in the fall. Please remember that KDEA has meetings with mini education sessions every other month on the first Tuesday. Our next meeting is October 1st at 6:30pm and everyone is welcome! The meeting will be at Capall Stables and will feature an “on horse” demonstration of the Magna Wave by Ashlynn Riley of Windermere Wellness.

As always if you have any questions or ideas regarding your KDEA please don't hesitate to reach out to me or any of the board members. We are here for you! Cassie Black, KDEA President

August Schooling Show. Well who would have thought that we'd be rained out of our planned host facility of Three Wooden Crosses...in August...but that was the case. Kim Miller graciously made her facility available to us, and after a few adjustments, we moved the show to Eagleview. We had a BUNCH of new folks showing with us...some people from Wichita Riding Academy, and a mother/daughter pair from El Dorado (Larsens). We also acquired 5 new members, including one family with 4 kids (a total of 9 people). Look for some new faces at the rest of our shows and educational events this fall. Check out the website for results from this show.

USDF Sport Horse Seminar. Several of our members (Marie Maloney, Kim Miller, Jaycee Bourget, Rhi Rasmussen, Eysley Hatfield, Karlee Ward) either participated in the educational session or rode a demonstration ride for the USDF Sport Horse Seminar held at Haras de Vess here in Wichita. The clinicians were Hilda Gurney and Kristi Wysocki, as well as Gwen Kwa'aloa. Local horses, as well as horses from Katelyn Kok's barn in KC, Lauren Schiller in Manhattan, came to be evaluated as sport horses either in hand or under saddle. Marie indicated that temperament is being stressed in the sport horses being bred today, and that the trend seems to be moving away from the large/tall horses with the long sloping pasterns as soundness has been an issue.

Awards. And speaking of results, make sure that you are turning in your non-KDEA scores to Kim Miller for tallying in our KDEA year-end awards. She has the results from all the KDEA shows, but if you participated in other shows that “count” toward KDEA awards (Eagleview, Pony Club, Twin Creek Trails) you'll need to submit them. And if you show “recognized” you'll need to submit those scores, as well as any on line scores (one counts). Check the website for a list of scores that have been attributed to each person, and if you have questions contact Kim at info@eagleviewequestrian.com. **AWARDS year will be extended to NOVEMBER 2nd to accommodate our show that had to be rescheduled.**

Next KDEA Schooling Show. The next KDEA Schooling show is Saturday, September 14th at Eagleview Equestrian. Entry forms are on the KDEA website (www.kdea.org) and are due in by Friday, August 9th. 6th This show offers English and Western Dressage, and Eventing dressage tests at **all levels**, as the facility is large enough to hold a 20 x 60 arena for Training 3 and above as well as Western Level 1 and above. If you should want to ride a Working Equitation test, please enter under “Test of Choice.” We will also offer a Sport Horse In Hand class at the show; for more information, look for a link on the entry form explaining the class (for 3 to 5 year olds).

KDEA Educational Weekend – Sept 27-29 with Alejandra Gonzalez.

"Join us for a biomechanics seminar and clinic with Alejandra Gonzalez! Alejandra is a Costa Rican equestrian, PRE horse breeder, and accomplished dressage competitor who represented her country at the Panamerican Games. A certified 4-Star Parelli Professional and biomechanics coach, she specializes in natural horsemanship and fascia fitness. Alejandra is also an international clinician, dedicated to teaching with a holistic approach that prioritizes the well-being of both horse and rider. Her patient and positive style creates a safe and enjoyable learning environment for her students. The clinic is open to English and Western riders and costs \$150/private and \$100/semi-private, with an educational seminar on Friday 9/27 that is open to all!" Check the website for a flyer and an entry form.

Nominating Committee. It is that time again to find and nominate next year's officers and board members. If you are a current officer or board members, and have been an active participant in KDEA's activities in your 2024 position, you will be contacted by this year's nominating committee members (Valarie Bowlby valariebowlby@gmail.com or Marty Foster Dennett shobewalkin@gmail.com) about whether you want your name brought forward for consideration for 2024. If anyone is interested in knowing more about an officer or board position, please contact either Valarie or Marty, or you can also contact Cassie Black (evanandcassie@aol.com)

KDEA Meeting – October 1st 6:30pm at Capall stables. Education Session: Demonstration and explanation of the Magna Wave by Ashlynn Riley of Windermere Wellness "where we bring advanced pulse electromagnetic therapy to the equine world. Magnawave is designed to enhance the health and performance of horses. Magnawave technology helps to reduce inflammation, promote healing, and improve overall well-being. Magnawave offers a safe, non-invasive and effective treatment option."

Meeting to follow. A slate of officers for 2025 will be brought forward for consideration and publication in newsletter. We will also discuss the remaining educational events for 2024, the elections, and the year end awards presentation planning.

Rescheduled! The canceled KDEA Schooling Show (July 13) has been rescheduled for Saturday, November 2nd at Twin Creek Trails. As many of you know, Twin Creek Trails had storm damage in mid July, and although they are rebuilt now, we canceled our show there so that clean up and repair could be done. The judge will be Cassie Black, and the entry form will be the same as the one used for the July show. The show will offer 20 x 40 classes only – so English Intro A/B/C, Training 1 and 2, Western Intro and Basic, and all Eventing dressage tests. If someone wants to enter a working equitation test, they should enter under Test of Choice.

Volunteer Opportunities. There are numerous KDEA volunteer opportunities available through the year...if you aren't aware of what might be available, check out the link on www.kdea.org for more information on volunteer opportunities. Marty Foster Dennett is our volunteer coordinator, so if you are a KDEA member you are getting emails from her before every show, asking if you can help out. Please answer the call...we can always use volunteers, and training is provided. Come join us and may be make a few new friends! Marty keeps track of all the volunteer "points," so if you have questions about the number of "points" you have earned this year contact Marty. Or if you want to volunteer, contact Marty at shobewalking@gmail.com

Learning To Pivot – A Different Perspective. Learning to pivot. Don't worry, I won't try to explain turn on the haunches or the dreaded pivot of western dressage to you. There are many more qualified people to do that. What I am talking about is life, or what happens while you are making plans. Many of you have seen my spreadsheet, which shows how I keep track of goals and plan my show year out. I love a spreadsheet. It keeps me on track. However, in the last two years, my spreadsheet has imploded. Last year Stella had a tendon tear that sent her into treatment and rehab for the summer, just barely making it back

for the world show in September. We certainly weren't at our best for that show. After it was over the game plan was to take it back to basics and make some improvements. Fast forward and this show season started great. We went to several shows, overall scores had improved, and I was happy with our winter activities effects. We got through the online international challenge, and I set a game plan to get ready for the world show. Then in July 11th's lesson, Stella fell cantering on a loose rein and rolled onto my right leg breaking the fibula and entrapping the peroneal nerve. I now don a CAM boot and what I assume is a bright shiny fibular plate, I mean it looks bright and shiny on the X-rays. It's mine to keep forever, as well as the memories of my first ambulance ride, and so many medications that make me ill, I'm keeping a list, weeks off of work, and a list of people to thank that will leave me grateful and beholden, including Marie and Heather for taking care of me and getting Stella home. So, we pivot once again and I wonder how I will even feel about getting back on. In 45+ years of riding, I've never been injured other than bumps and bruises. This will be a completely new back-to-basics for me.

By Hillary Akers

Show Warmup Discussion. At our last meeting, numerous KDEA members who go “on the road” and show their horses talked about their warmup strategies, as well as do's and don'ts. The following is a bullet point list of some of the discussion points that evening.

- You have to be very “eyes up” in a warmup arena, with “360 degree vision.” If you are not used to riding in an arena with a lot of horses, be sure to follow ring etiquette and if in doubt, call out your line of travel.
- Sometimes riding in a warmup requires you to “be brave,” and you have to remember that you have every right to be in that warmup and to claim your piece of ground/space.
- You are not going to be able to train your horse, at a show, to do something that they cannot do at home or something that they struggle with at home. Using the warmup to school only the things the horse has difficulty with will usually result in a horse who loses confidence, and then they may struggle in the ring to do what they normally do well.
- If there is an unruly horse in warmup, give them wide berth. If a horse is scared of something, and yours is a steady guy, then maybe you make the decision to buddy up with the scared horse and help them out. We are all in this together, so if you can be a “steward for the sport,” then put your best foot forward and help out and be friendly to all.
- Practice your warmup at home, and then do the same warmup at the show. You may have to make adjustments if your horse is anxious, or if the weather is suddenly a challenge, but at least you'll have a plan and you will have practiced that warmup at home.
- In the warmup, rider confidence = horse confidence.
- Footing can sometimes be a challenge, especially in stadium and cross country warmup.
- Claiming your warmup jump, in a warmup ring full of well-known professionals, can be challenging, especially if the rider's grooms are changing jump heights based on their rider's needs.
- When warming up for jumping, some like to do many transitions so that they know they can go forward and back as needed when on course.
- A quiet moment of prayer time can be focusing and grounding. – ask to be the best rider for the horse that day.
- When considering going to a show, realize that a dressage test is usually 5 to 7 minutes long at the lower levels (8 to 10 at higher) and in that time, you will do all 3 gaits, both directions. When schooling at home, riders tend to spend a lot of time at one gait, then switch to another 7 or 8 minutes later. This is much different than what you will ask a horse at a show, so consider that as you train at home and plan your warmup.
- The first test of the day may require more warmup than the last test of the day. You have to know your horse's fitness level, and realize that tension or anxiety in the horse will expend more of their energy and you may “run out of gas” later in the day. You need to know how much warmup you

need before going down centerline, and you also have to consider that you may be riding multiple tests in one day.

- Rider and horse fitness need to be considered. Are you fit enough to load up your trailer, trailer in, unload, school, do all your stall cleaning, braiding, etc? And then get up really early in the morning the next day? And is your horse fit enough to travel in a trailer (muscles are in use when horse trailer is moving), adjust to a new stall/climate/location, be schooled and ridden in several tests a day?
- It is now a rule that at US Equestrian Federation shows, the lights must be out for at least 6 hours per night. If your horse is not comfortable enough to sleep, you may have a greater challenge in the warmup and show ring.

June 14-15, 2025 – KDEA Western Dressage Lite Show. So new for 2025, we will be hosting a TWO day Western Dressage Lite show, and we will be moving to the Kansas State Fairgrounds. We have two very generous sponsors who have stepped up with donations that we will use to pay the facility fee for the Fairgrounds arenas. We have Dolly Hannon, “R” Western Dressage, of Arvada, CO booked as our judge, and our Steward is Helen Price of Guthrie, OK. Watch for more information as the days approach, as we will once again be looking for donations for our silent auction and raffle, as well as class sponsorships. Start thinking about entering, sponsoring, volunteering, or cheering on your Western dressage friends.



use your head

DO THE FIVE-POINT SAFETY CHECK

when selecting your riding helmet.

1. FRONT

The helmet should sit firmly in place about an inch above the eyebrows.

More than 1" = too small.
Less than 1" = too big.

2. SIDE

The straps on the side should meet just below and in front of your earlobes.

3. BACK

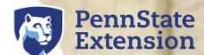
A snug-fitting helmet is best. The harness on the back should prevent the helmet from moving forward. Avoid using your hair to create a proper fit.

4. THROAT

The strap under your chin should be snug but not tight. Tilt your chin up and down to ensure a proper fit.

5. TEST

Grasp the helmet with two hands and rock it back and forth. The skin and eyebrows should move with the helmet.



Always choose to wear
a certified riding helmet.



No helmet can protect against every head injury. However, studies show a dramatic reduction in the severity of injuries when a properly fitted helmet is worn every time you ride a horse. Replace your helmet every five years or immediately after a direct impact from a fall.

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