

KDEA E Newsletter – Mid January 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

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In This Newsletter....read on below for details....

KDEA Awards Meeting – Come For The Celebration – January 21st – at 2pm
KDEA/Meadowlark Pony Club Geometry Session – February 18th – see details to come.
USDF Convention – Link to "official write up" of the Convention
2024 Year End Championship Shows – save the dates
SafeSport – Are you Current?
USDF University – Learn how to access the University for on line learning
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KDEA Dates for 2024 – Ride a Test, Schooling Shows, Lite Western Dressage, Meeting Dates Check out the details!

KDEA Awards Meeting – Come For The Celebration – January 21st – at 2pm at the Equestrian Estates Clubhouse. Our members worked hard all year and deserve to be celebrated! KDEA members, family and friends are welcome to join us. Drinks, light food and desserts will be served. Hope to see you there.

The location has no address, but if you follow Stampede (east) past Eagleview, turn left on 1st road (Buckskin?) and you will come to it on your left. If lost, call Susan at 316-461-1374.

USDF Convention News. For USDF's write up on the Convention this year, go to

https://yourdressage.org/2023/12/08/trending-topics-and-takeaways-from-the-2023-adequan-usdf-annual-convention/

<u>Year End Championship Shows...</u>.put them on your calendar and watch websites for more information.

<u>USDF Regional Championship</u>: Region 4 Championships will be held October 10-13, 2024 at the National Equestrian Center, Lake St. Louis, MO. And for some of you who "change Regions" to compete in Region 9's championships, theirs is October 3-6, 2024 at the Great Southwest Equestrian Center; Katy, TX. Check the USDF website for more information on qualifying scores for Junior, Amateur and Open and your qualifying season. Use this website link for more information:

https://www.usdf.org/competitions/competitions-championships/regionals/index.asp

- Morgan Grand Nationals October 5-12 at State Fair Park in Oklahoma City. Use this website for more information: https://gnwcmhs.com/
- <u>American Eventing Championships</u>: The United States Eventing Association (USEA) Board of Governors have voted to enter into contract negotiations with Equestrian Events Inc. (EEI) and Mary Fike to host the 2023 and 2024 USEA American Eventing Championships (AEC) at the Kentucky Horse Park in Lexington, Kentucky. The 2024 championship is August 27 to September 1. For more information, go to this website: https://useventing.com/events-competitions/competitions/aec
- <u>Thoroughbred Make Over</u>: Their show this year is October 9-12 at the Kentucky Horse Park in Lexington, KY. For more information, go to this website: https://www.therrp.org/about-the-makeover/
- <u>American Quarter Horse Association World Show</u> will be held October 31 to November 23 at the State Fair Park in Oklahoma City. Exact dates and judges for dressage (Western and English) have not been announced. For more information, go to website https://www.aqha.com/future-world-championship-show-dates
- <u>Western Dressage News</u> WDAA is proud to announce the judges for the 2024 WDAA Western Dressage World Championship Show. Please make note of the dates, which are one week earlier than the usual dates for the show. **September 18-22**, **2024, Guthrie, OK at the Lazy E Arena.** Judges are as follows:
 - Cliff Swanson PRESCOTT, AZ- USEF Western Dressage R judge Rail Classes only
 - Sharron Sarchet LONGMONT, CO USEF Western Dressage R judge
 - Eleanor Stine-Masek MARANA, AZ USEF Western Dressage R judge
 - Stephanie Soule CORVALLIS, MT USEF Western Dressage R judge
 - Gail Matheus TOWANDA, KS USEF Western Dressage R judge
 - Please also make note of the qualifications to show at the World Show:2024 WDAA WORLD SHOW QUALIFICATION REQUIREMENTS:
- The horse qualifies.

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The horse must qualify in every level that it will show in at the World Show.

 \cdot For Introductory – Basic levels, the horse must earn 63% or higher, in at least 1 WDAA Recognized show, either in person or online.

 \cdot For Level 1-5 the horse must earn 60% or higher, in at least 1 WDAA Recognized show, either in person or online.

• The qualification period begins October 1st, 2023, and ends August 26th, 2024.

 \cdot If the horse has qualified in the appropriate levels by the requirements above, there is no need to qualify for rail classes or freestyle with a score.

For all information please visit WDAA World Championship Show (wdaaworldshow.org)

SafeSport: Is your USEF Safe Sport continuing education due to be renewed? As we all should know by now everyone participating in a USEF Recognized competition must be up to date with their Safe Sport training. That means all officials, trainers, riders, and owners, so check out your USEF account for your Safe Sport tile to stay current. To check your SafeSport status, or to complete the training package, go to your USEF log in and find your SafeSport tile which will show your expiration date. That is also the portal to do your SafeSport training.

<u>USDF University</u>. As a KDEA member, you are also a USDF member and can access many educational videos and training sessions on line at www.USDF.org. You will need to create a log in for yourself (if you haven't already done so). You will need to know your USDF number (you should get a card in the mail from USDF or an email with your number) bu tif you don't know your number you can contact our Membership Chair Charlotte Pinkall for your number. Or you can check this website link for member numbers:

https://www.usdf.org/clubs/people.asp?GroupPass=406&RegionPass=4&TypePass=GMO

Once you create your log in, then you have access to USDF University and other Educational items. Go to the Education Tab on the top of the USDF website and start exploring. I'm going to ask members (listen up, I'm asking) to share with me their favorite "finds" on the USDF website, and we will share them in each upcoming newsletter.

USDF Convention 2023 – Write up by Susan Lang, KDEA Delegate

Biomechanics of the Neck – by Hillary Clayton, DVM

Listening to Hilary Clayton speak at USDF Convention every year is always a treat. She has spent her professional life studying the biomechanics of horse movement, and shares her studies and her study results every year at USDF

Convention. I found the following biography on line, and I encourage you to find her articles on line (there are many).

- A veterinarian, researcher and horsewoman, Dr. Clayton has performed innovative research for over 40 years in the areas of locomotor biomechanics, lameness, rehabilitation, conditioning programs for equine athletes, and the interaction between rider, tack, and horse.
- Her work has been published in over 200 articles as well as seven books. Dr. Clayton served as the Mary Anne McPhail Dressage Chair in Equine Sports Medicine at Michigan State University's College of Veterinary Medicine from 1997 until she retired from academia in 2014.
- Continuing to collaborate with colleagues at universities around the world, Clayton's research is ongoing. A charter diplomate and past president of the American College of Veterinary Sports Medicine and Rehabilitation, Dr. Clayton is also an Honorary Fellow of the International Society for Equitation Science and has been inducted into the International Equine Veterinarians Hall of Fame, the Midwest Dressage Association Hall of Fame, and the Saskatoon Sports Hall of Fame.
- A passionate horsewoman and competitive rider, Clayton has competed in many equestrian sports, most recently focusing on dressage in which she trains through the Grand Prix level and has earned U.S. Dressage Federation bronze, silver, and gold medals.



The following are some of the points that she made in her presentation at Convention (but without the slides, not as easy to see what she was talking about..so I tried to find a few generic photos to illustrate.)

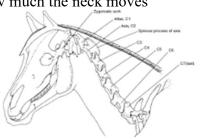
- 2/3 of the horse is trunk (without legs, head and neck)
- Neck is the conduit between the head and the body. It supports the head, and it provides multi directional neck motion.
- The neck is an integral part of locomotion (gait) mechanics = think how much the neck moves in each gait
- The neck also isolates the head motion from the motion of the body.
- The neck structure is actually an S-shaped curve
- Articulation in the neck allows a variety of neck shapes
- The neck has complex multi-directional motion at individual vertebral joints
- Each vertebra is sort of rectangle shaped, and these rectangles must be stable so as not to wobble (but still must be able to move)
- There are short, stabilizing muscles that stabilize the individual joints between the vertebra, and long muscles on top of the short ones

Through these muscles the horse can move the neck in many ways

- The neck can move in flexion/extension, lateral bend, and twisting
- The poll has 90 degrees of motion head straight out or nose in overflexed
- The rest of the neck has much less ability to move
- The neck is raised and lowered from the BASE, and the joints in the middle are not very flexible.
- As for lateral bending, the poll can move 45 degrees, while the rest of the neck can move 20 to 40 degrees.
- If the height/angle of the ears is level, then you have good lateral bend without twist
- The poll has a very limited ability to twist, but C2 has the ability to twist.
- Overall balance of horse:
 - 67% of body is torso
 - 12% is hindquarters
 - 11% is the front limbs and chest
 - 6% is the neck, and 4% is the head
- The Center of Mass of the horse 42% of the horse is BEHIND the Center of Mass, and 58% is in FRONT of the center of mass.

<u>Noseband Tightness – by Hilary Clayton, DVM</u>

This presentation provided preliminary results on her study of noseband tightness when the horse is wearing different types of nosebands. There is currently no way to objectively determine what is "too tight" on a noseband, or where that tightness should be measured, and the standard "two fingers should be able to be inserted" is not a reliable measure (and also, whereon the noseband to insert the two fingers, and how big are those fingers?). Each horse may also have a varying degree of "tolerance" or "acceptance" of noseband tightness, so that what one horse objects to, another seemingly may not mind.



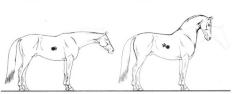


Figure 12.7: Effect of head and neck position on the location of the horse's center of mass shown by the gray circle for the neutral position. Stretching the head and neck forward moves the center of mass forward (black asterisk on left). Retraction and elevation of the head and neck moves the center of mass backward and upward (black asterisk on right).

The study looked at a horse with no noseband, a standard cavesson, a Swedish (aka crank) noseband, a dropped noseband and a flash noseband. The nosebands were fitted with "noseband sensors" to measure pressure at both the standstill and when the horse was ridden straight forward in the trot. In all of the bridles the tension on the nasal bone and the mandible was about the same when the horse was standing still. When the horse was ridden straight forward in the trot, the Swedish had the greatest pressure when tightened the same degree as the other noseband types. Most Swedish nosebands have padding on the "crank" part that is over a very small surface area, and this may have some bearing on the Swedish having the highest tension/tightness.

The study will continue with trying to develop some type of measurement tool which can objectively determine optimal or acceptable tightness, and also to determine where (and how) that tool should be inserted to identify a noseband tightened in an acceptable way. To be continued after further research, and Dr Clayton indicated that further information/article is forthcoming (which I'm sure will explain all this better than I can after listening to a 1 hour presentation!). But interesting!

SafeSport for Group Member Organizations

One of the sessions at Convention was presented by Sonya Keating (USEF Legal Counsel) and Aaron Lunberg of Praesidium, Inc. The session focused on how "Abuse Prevention" is the job of all sports organizations, including Group Member Organizations. Anyone who shows at United States Equestrian Federation shows in the US must be "SafeSport Compliant" by taking an on line webinar each year and passing a short quiz. For those not familiar with Safesport, here is the Wiki definition:

The U.S. Center for SafeSport is an American <u>501(c)(3)</u> nonprofit organization created in 2017 to reduce the <u>sexual abuse</u> of athletes, particularly minors, in Olympic sports programs in the United States. The Center was established under the auspices of the <u>Protecting</u> <u>Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017</u>, which was a response to revelations of <u>widespread sexual</u> <u>assaults in women's gymnastics programs</u>. The organization investigates allegations of <u>sexual misconduct</u>, emotional abuse, bullying, and harassment by people and organizations associated with U.S. Olympic-sports programs. It, rather than the <u>U.S. Olympic Committee</u> or individual sports' <u>governing bodies</u>, has <u>exclusive jurisdiction</u> over such allegations. It may impose certain sanctions, up to banning of a person from involvement in Olympic sports, and maintains a public database of sanctioned individuals. The Center cannot indict or jail people accused of sexual misconduct, as it is neither a <u>law enforcement</u> agency nor a legal body of the<u>U.S. judiciary</u>; however, it can forward its investigations to state and federal courts, which in turn can impose criminal penalties on the defendants <u>SafeSport collaborates</u> with law enforcement on investigations.

Some statistics from the session:

1 in 4 girls in sports and 1 in 13 boys in sports will be the victim of some type of abuse. 40 to 50% of the abuse is "youth on youth" not "adults abusing youth." It is estimated that 80% of occurrences of abuse are NOT reported. The average age for a victim to report abuse is at age 53.

The presentation went on to discuss the effect of SafeSport guidelines on local sports organizations, and policy/procedures that should be within each sports' organization's general policies.

General Notes from Administrative, Technical and At Large Councils, Board of Governor's Meeting

- USDF Convention next year will be in Houston, TX and in 2025 will be in Lexington, KY
- The GMO Council is looking into a VIP program, which will encourage those who are participating members of USDF to also join their local Group Member Organizations.
- Lois Yukins will step own as the L Program Chair, and will be replaced by Joan Darnell.
- Dolly Hannon is stepping down as Freestyle Chair, but the Freestyle Committee will be taken under the Judge's Committee and will still exist, just as a part of Judge's Committee.
- In 2023, 44 people tested for their L graduate status, and 15 passed "with distinction."

- Competitors are not allowed to school/ride their horses at a Recognized show until they check in with the office. Failure to adhere to this rule will result in a Yellow Card (USEF warning in your file). The intent is to make sure all signatures are in place before the rider gets in the saddle.
- Anyone who coaches a rider at a USEF show, whether the coach is paid or not, whether professional or amateur, must sign as "coach" and be SafeSport compliant. If they do not sign, or refuse to sign when asked, they can be given a "yellow card" which is reported to USEF.
- Competitions must offer at least 6 hours of minimal lighting in stabling so that horses can get meaningful sleep each night.
- USEF Membership is up 4%, with 80,000 competing members, and 390.000 fan members
- 2023 had 370,000 entries (all USEF disciplines combined) and there were 26,000 more entries in 2023 than in 2022
- USEF Network has signed an agreement with ClipMyHorse to provide videos of USEF events.
- USEF is developing an "Entry System" that will be free to organizers and free to users. The intent is that the system will verify entries before they go to the show secretary.
- Black Horse One is a software system that is currently used at FEI events and its use will be broadened to include USEF shows in the US and for officials' training.

Kristi Wysocki – Conformation and its relationship to Training.

There are three necessities for a dressage horse: Temperament Conformation Movement (correct rhythm)

The FORM is the shape of the dressage horse, and the FUNCTION is the job of the dressage horse. For longevity and success, the horse should be properly proportioned, and the transitions between body parts should be fluid in order to function well as a dressage horse.

Use of the Plumb Line. Kristi spent a good deal of time showing us how to use the "Harmony Line" to look at horses and develop our eye for the horse with proportions which would make it likely to do well in dressage. You had to be there to view the slide show to understand this, so without the slides, I found an article available on line which discusses more of this:

https://www.chronofhorse.com/article/you-can-use-tricks-and-strings-choose-better-dressage-horse/ and I suggest that you go look at it. Another article discussing Kristi's plumb lines can be found at https://yourdressage.org/2019/03/18/function-follows-form/

The start of the Harmony Line is to draw a line from the horse's poll to the muzzle, and measure the length.

Now put that same length line on the following points: Wither to point of shoulder Elbow to fetlock Back of scapula to point of hip Stifle up to point of croup Point of hock to stifle Point of hock to ground Front leg chestnut to ground Now look at these lines, and determine where the line in longer/shorter than the beginning/end point on the horse, and begin to see how proportions vary from horse to horse. If you take a draft horse, versus a TB, versus a Gypsy, versus a Standardbred, etc you will see variations to these lines that will help you see the balance (or lack thereof) in the horse's overall body/frame.

Why Horses Get Stuck at a Level – by Sarah Geike, Lilo Fore and Bill Warren

Many horses get "stuck" at Second Level and riders should clearly understand the Purpose of Second Level (see sidebar) and proper use of the Pyramid of Training. Those at Second Level should confirm that their day to day training 1) develops the quality of the gaits, 2) "the basics" are properly applied and 3) creates quality in the horse's movement and meets the standards of Second Level. Shoulder in is the "mother of all lateral work" and proper schooling of the shoulder in will develop balance, suppleness, collection and straightness. Shoulder in gymnasticizes the inside hind leg and enhances its ability to bear weight and step toward the outside fore.

Many things can go wrong however, including losing the regularity of the gait, insufficient bend due to horse being too much on the forehand, incorrect angle (3 tracks is correct), and failure to start and END shoulder in correctly. So what would be correct training? Demonstrating regularity and quality of the gait, sufficient bend and balance to hindquarters, correct 3-track angle, and care to properly manage the horse into and out of the shoulder in.

Another Second Level requirement is the Turn on the Haunches which develops collection in the horse. The horse must learn to bend the joints in the hindquarters, and in teaching the Turn on Haunches, the horse is prepared for the walk pirouette at a later date. What can go wrong? Lack of proper preparation for the turn, loss of walk rhythm or getting too slow/sluggish with steps, turn on haunch too small for horse's ability usually making the horse step wide/out, improper bend and flexion. So what would be correct training? Clear preparation for the Turn on Haunches, clear walk rhythm maintained, appropriate energy and stepping, turn appropriately sized for horse's ability (can be up to 1 meter in diameter with inside hind), proper bend and flexion toward turn, and correct stepping with hind legs (not stepping out).

Another Second Level Requirement is the Countercanter Serpentine work, which shows that the rider has a clear understanding of how to balance the horse and begin to introduce collection. What can go wrong is that the horse loses their balance because rider does not appropriately balance and manage the line of travel, and the rider positions horse too much to the inside. What would be correct training? The rider on a clear line of travel, balancing the horse throughout, with correct flexion and bend.

Simple Changes – aren't so Simple. The ability to perform the counter canter serpentine will help develop the self carriage needed for the simple changes. Focusing on the quality and regularity of the collected canter before the simple change will assist you in executing a quality simple change. The geometry and preparation for the movement will assist with development of the suppleness needed for a balanced simple change.

Moving on to Third Level – and the Half Pass. Many horses become irregular in the half pass, with incorrect bend or positioning. The main cause of these issues is that the horse does not properly understand the aids, they lose energy, or they are too much to the forehand.

Flying Changes. The development of a quality counter canter, as well as simple changes, is needed to train for the flying changes. The counter canter and simple changes improve the horse's responses to

the rider's specific aids, which is needed for the flying changes. What can go wrong? The horse can be disobedient, inattentive or too exuberant to the rider's aids, can lose straightness, can fail to cover ground in the change, or can change late behind, or change together behind. To produce a clean flying change, there must be quality of the canter, with clear 3 beat. The horse must cover enough ground, be supple in the back, and have enough airtime and suspension to correctly answer the rider's aids for the flying change. The rider should be able to whisper the aids and create a quiet, balanced change.

Training is not only the horse learning the aids, but the rider being good enough to listen to the horse.

<u>Bit Fitting and Bit Choice - by Kim Gentry</u>. Kim travels throughout the US doing bit fitting clinics, and travels with three 70lb briefcases full of bits (she says that TSA just loves her...).

Many times riders have a "training issue" with their horse, but that issue can be related to many things:

Training – how it is being done Bridle/Bit Fit – how it fits (or does not) Sub clinical soundness issue Obvious soundness issue Saddle Fit Dental Work issues Rider knowledge and ability

Bit fit is only one part of the puzzle to creating a healthy and well schooled horse.

Anatomy of the Mouth

- $3\frac{1}{2}$ cm between upper and lower jaw
- Mouth has a lot of nerve endings
- Bars of the mouth
- Tongue has a lot of nerves

Common issues related to the mouth:

- Height and shape of pallet (can be flat or steep)
- Tongue thickness, thinness, damage
- Bars damage, bone spurs (feel bars to see if any bumps)
- TMJ horse can't close mouth properly
- Damage to cheeks, lips, corners of the mouth
- Bit is in backwards
- Worn or rough bit
- Mouth can be asymmetrical
- Flabby lips where lips can be so large that they cover the bars and lips get pinched between bit and molar

Why can a bit change the way a horse moves? Because the tongue is a muscle that is affected by the bit. Bits affect different portions of the horse's mouth, and horses have varied sensitivities to pressure on different areas of their mouth.

Bit size, thickness and cheek pieces are all individual to the horse.

• KK Bit – lozenge lays on tongue, bit affects bars, and a little of tongue

- Single Joint pressure on the side of the tongue, side of lip and none on center of tongue
- Egg Butt for rider with a less steady hand, as it stays quiet and stable in the mouth.
- Egg Butt (Dynamic RS) good for less pressure on bars, and gets the horse to take more contact. It comes in both lozenge and single joint.
- Loose Ring direct on tongue pressure, rider use of rein quicker to be felt, but also immediate release as ring and mouthpiece are not connected.
- Baucher does produce poll pressure if have 8lbs or more of pressure on reins. Baucher mouthpiece goes FORWARD on lips whereas loosering or eggbut pulls back in a C shape and pulls on tongue and bars and corners.

Bit Materials

- Sensogan produces saliva
- Salox warms up the mouth and promotes acceptance of bit
- Sweet Iron been around a long time, tastes good to the horse
- Titanium sensitive horse usually goes well in titanium
- Copper poor choice for a bit because it is so soft, not strong
- Rubber becomes rough quickly with use, and can cause abrasions in the mouth

Correct sizing of bit is also important, but it was not a part of the session presented.

Longeing – by Bill Warren, Lilo Fore and Sarah Geike

The goals of longeing:

- Make the horse safe to ride (initial training not just to run off energy)
- Proper use of longeing equipment
- Correct longeing techniques teach the horse balance and improves the gaits
- Correct warmup on longe line
- Set up horse for success
- Improve the back muscles of the horse lift the back and provide a place for rider to sit Suggest finding a copy of the USDF Longeing Manual (check with me I have one)

When you longe, you assess the horse:

- balance (both lateral and longitudinal)
- quality of the gaits (level in movement? Even in strides?)
- tempo
- relaxation
- soundness

When you longe you observe:

- stiff and hollow side (horse falls in)
- track of the hind legs is it correct?
- Use of the back
- Correct positioning (to inside)
- Lateral/longitudinal suppleness
- Enough bend right/left so that straightness is improved

Longeing Dos and Don'ts

• Do keep the horse out on the circle

- Do keep the line taut
- Do insist that the horse use his body with better balance
- Do flick the longe whip at the shoulder to move the horse out (should he come in)
- Do flick the longe whip to the hindquarter to move the horse forward (should he suck back)

In addition to the above discussion, the presenters then showed us more than a dozen clips of horses being longed improperly, and asked the audience to point out the issues. Some of the things that we saw:

- · Longeur improperly attired (wrong footwear, no gloves)
- Equipment improperly adjusted (longe attached incorrectly, side reins positioned or adjusted incorrectly
- Rider inappropriately handling the longeing equipment (line wound around hand, line trailing in dirt, line not kept taut, allowing horse to wander on circle)

All these videos were "staged" with longeurs who really knew how to longe, and horses who also longed well. However, with the longuer improperly handling the equipment, the horses were obviously confused and longed erratically as they lacked proper direction from the longeur. Lilo Fore's students provided these "how not to" longe videos, and she said that both horses and longeurs had problems showing the improper way to longe as both were so accustomed to proper longeing that promoted good training and responses from the horses.

March 2-3

KDEA Ride A Test - 2 full days, but AM/PM sessions alternate Capall and Eagleview

Instructors Susan Lang, Marie Maloney, Lisa Del Mundo

April 13th

KDEA Dressage Schooling show and Combined Test - at Eagleview. Judge: Rebecca O'Bea, L Graduate

May 18th

KDEA Dressage Schooling show at Three Wooden Crosses. Judge: Laurie Hedlund, L Graduate, USDF Certified Instructor

June 15th

KDEA USEF "Lite" Western Dressage Show - at Eagleview. Judge: Melissa Creswick, "R" WD

July 13th

KDEA Dressage Schooling Show and Combined Test - 20x40 ring only - at Twin Creek Trails. Judge: Cassie Black, L Candidate

August 17th

KDEA Dressage Schooling Show at Three Wooden Crosses. Judge: Holly Luke, L Graduate

September 14

KDEA Dressage Schooling Show and Combined Test - at Eagleview. Judge: Sherry Guess, L Graduate, USDF Certified Instructor

KDEA General Membership and Board Meetings 2024 Most will start at 6:30 with a min-education session

Feb 6th April 2nd June 4th Aug 6th October 1st December 3