



KDEA E Newsletter –Mid October 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

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October 2024 President's Message

It is hard to believe that we are almost finished with the 2024 show season! I look back at the goals that I set in January and the journey that we have been on. My horses and I have grown and improved through travel to shows and clinics. We didn't meet our big goal of winning a World Championship this year but we are on our way!

That is the interesting thing about goals. We can set them, work toward them, make the changes that can open doors and still not get that final piece. But with horses all things are building blocks. What we learn one month, or year can make even bigger things happen later.

KDEA has had some amazing opportunities this year. We have hosted 5 schooling shows and a Western Dressage Lite show so far, with one more schooling show to come. We hosted Alejandra Gonzalez from Costa Rica for our Biomechanics Symposium and are looking forward to her coming

back next year to continue the journey she started with many of our riders and auditors. And we are looking forward to more educational opportunities and get-togethers over the next few months.

The KDEA membership year ends on November 30th so please be thinking about your membership for 2025. I am honored to have been nominated for President for my third year and am excited to serve with all of these expanding opportunities in KDEA. We will be hosting a two day Western Dressage Lite show at the State Fairgrounds in Hutchinson as well as offering more clinics and expanded schooling show opportunities. All of these building blocks may open some amazing doors for you in 2025 and I can't wait to watch your journey.

KDEA Meeting – At Capall Stables....New date - November 5th 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.

Next KDEA Schooling Show. The next KDEA Schooling show is Saturday, November 2nd at Twin Creek Trails. Judge: Cassie Black. . Entry forms are on the KDEA website (www.kdea.org) and are due in by Saturday, September 26th This show offers English (Intro through Training 2) and Western Dressage (Intro and Basic) , and Eventing dressage tests (all levels) and also offers Combined Tests (eventing dressage test plus a stadium round). If you should want to ride a Working Equitation test, please enter under “Test of Choice.” Please get your entries in sooner rather than later....as Susan has a time crunch for getting entries processed....

Fall Shows. So there have been KDEA members at the Western Dressage World Show, the Morgan Grand Nationals, the Retired Racehorse Project....and other events that I can't think of right now. So...which of these folks are going to write something for the next newsletter? Everyone would love to hear about your trials, triumphs, new friendships or renewal of old friendships....which come along with these shows. Send in your write ups to me at smlang2@cox.net. No particular deadline...I'll publish in the next newsletter. You will also get volunteer points for your write ups.

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

Well, for those who rode in the Alejandra (she goes by Ale) clinic, or audited, we were all very impressed and inspired by her teaching. (See write ups below) Here is her bio, for those who might be interested: Ale 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. Ale 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.

My Experience at the Alejandra Gonzales Biomechanics Clinic – by Cyndi Harris

What can I say, WOW!!

- The changes to my posture and connection with my horse were amazing!!

- It still is hard to imagine how sitting on various balls can make that much of a difference in my riding. But it does! I have never felt my leg so long or my seat so deep in my saddle. Also, my seat bones, I can feel my right seat bone more clearly!! Yeah ☺
- And Alejandra is so positive and upbeat in her teaching. It was so much fun making the changes with her coaching me along. Her smile and energy is infectious.
- Also, getting to watch the changes in the other riders was exciting. I was especially excited for Karen Pool. To watch the transformation in her canter work was AMAZING!!!
- I encourage everyone to make sure they take the opportunity to ride with Alejandra. It will change your riding for the better

Happy Riding~Cyndi

My notes from the Alejandra Gonzalez Biomechanics Clinic – by Susan Lang

After riding with various balls and sponges first under my seat, then between my knees and saddle, and under my stirrups...these are my take aways from my lessons and the others I audited. These statements and images resonated with me and although I may have heard these phrases before, her clinic (and use of balls and sponges) brought new meaning and new awareness to my body. I watched almost every ride over the two days, so some of these comments came in my own session, and others came from another rider's session.

- If we give the brain awareness, then it can do it
- When posting, seatbones widen as I come down into the saddle and narrow when I rise.
- Over-riding interferes with the horse's balance
- Posting is about the "finesse" of sitting down...not about rising.
- Cannot breathe well if looking down. Level your nose (I.e don't look down!)
- For the horse that is dull to the leg, apply the leg lightly, then if ignored, apply stick once lightly. If ignored again, apply stick more strongly. If a third action of leg gets no response, then the stick must back up the leg. Be sure NOT to push with the seat at any time. Horse should go forward from leg. After the horse goes forward for 2/3 of the ring, stop, release the reins and let the horse stand for 1 minute. Then gather up the reins and repeat.
- "The clinic starts when I leave. I want you to have tools to use to improve your riding, but you have to do the work."
- Contact with the bit should come from scapula, not from hand.
- When turning, turn with pelvis and sternum, not with head or shoulders.
- Turn sternum toward inside ear to do 20 meter circle (that is very little rotation with body). This will help the rider turn with the outside aids.
- When the rider leans back, that makes seatbones close and that is not what we want. Think sternum forward to help with seat bones feeling wider and in correct place.
- Connect my sternum to the same line as the mane
- At the walk, the pelvis goes side to side/up and down, rather than pushing forward/back
- In the canter, the mane flips up when the outside hind is on the ground...so use that image to help you feel when your outside seatbone should be connected to the outside hind.
- If the walk, the riders' lower leg should feel the horse's rib cage move side to side, and the hip should drop side to side as well to follow the movement of the rider leg and horse barrel.
- The femur rotates in when the rider rises in the post. It rotates out when the rider sits. It is easier to feel to rotation in than the rotation out. The rotation of the femur softens the rider's leg.

There are plans to bring Alejandra back in 2025...tentative dates are last weekend of April and last weekend of September. Stay tuned for more information, and thanks to Marie Maloney for getting us “on the books” with Alejandra for 2025.

Nominating Committee. It is 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)

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. You can also write articles for the newsletter – about your clinic ride, your horse show experience, etc and get “points” for these articles.

Scribing: A Great Learning Opportunity – by Haley Kottler.

At the beginning of October, I scribed for western dressage at Morgan Grand National and World Championship. I have scribed a lot over the past few years, but since so much of it is at schooling shows, this was the first time in quite a while that I spent multiple days scribing for upper level rides. It was a great experience, and I learned a lot.

Scribing has been undoubtedly very helpful in my dressage journey. You learn something new from every judge! Most judges are open to asking questions (at the appropriate time). At this show, one judge helped me really understand the difference between neck bend and true bend.

V I was also asked to stay an additional day to scribe for sport horse in-hand classes. This was a new experience for me, but one I really cherished. The judge helped me understand what she was looking for and went into depth explaining to me why or why not a horse would be well-suited for dressage, eventing or other sport horse events.

If you haven't scribed before, but are a competitor...here is your sign to scribe at a KDEA schooling show next year! We have incredible, talented judges locally that I'm sure would be glad to have you scribe for them! Scribing has been invaluable to my dressage journey and I'm very thankful to Susan Lang who encouraged me to learn how to scribe at my second ever KDEA show! 3 years later and I've had wonderful opportunities to scribe for judges based all over the US.

Western Dressage Journey 2024 – By Karen Pool

I am very thankful that I have joined the Western Dressage discipline as I progress through my horse journey. We are very lucky to have the coaching talent that is available in this area of South-Central Kansas and the show experience opportunities that the KDEA provides, whether a schooling show or a Western Dressage Lite Show. I was very fortunate to acquire a new quarter horse gelding in May – Bobs Packin Sugar. Bob has been a very beneficial partner for my Western Dressage journey. Even though his past show career was Ranch Horse Classes, he has adapted quite nicely to the rein contact of Western Dressage. He has been a wonderful teacher for me to learn how my body position affects his body position. His steady demeanor has also helped me to become a more confident rider. We are both

still a work in progress though this journey. We appreciate the regular coaching we have received from Cyndi Harris, along with some additional coaching from Cassie Black. This rider has appreciated this combination as they both are great coaches and sometimes it takes hearing something a couple of times by different people for it to sink in.

Bob's first show was a qualifying show for the WDAA World Show in Guthrie and we were qualified after the first test and after maybe a month of working on his transition to Western Dressage. With Bob's short time doing Western Dressage, I decided to enter both the Introductory and the Basic Divisions at the World Show. We ended up placing in the top 10 in 2 of the 3 Introductory tests we entered and was 9th Overall in Introductory. What I was probably most excited about was placing 10th on Test 4 in Basic.

I loved the support network that we had at the World Show. Haley Kottler and I decided to continue the "Challenge" that we were introduced to at a show in Stillwater. We enjoyed that Challenge so each day at WDAA World, we picked a Challenge that we would focus on. For example, the center line/halt was chosen by us for the first test. Results for both of us were scoring from 8s to a 9.5 by Haley! The Challenge was not to see which one of us scored higher but was to focus both of us to really nail a maneuver. It was hard to top that first day of our Challenge but it was fun deciding on what each day's challenge would be.

A special day for me at Guthrie was having my former 4H Horse Leader from many years ago come watch me show. Sue definitely enjoyed the show, and she misses getting to show her horses. Sue has seen my progression through horses from the Arabians that I had in 4H to my current two quarter horse geldings, Thor and Bob.

I'm looking forward to continuing the progress on the journey throughout this fall and winter and will be looking forward to the Ride A Test clinic in early spring. It will soon be goal setting time for the new show season. Happy riding, Karen Pool

KDEA Awards! The Awards spreadsheet is on the home page of the KDEA website. It is current as of 18 Oct 24. Please review it, and let Kim Miller (info@eagleviewequestrian.com) know. It is the rider's responsibility to verify the information is correct.

Welcome to our new "HOW NOT TO BE ELIMINATED" weekly series

Note: This series originally appeared on the Kansas City Dressage Society's Facebook page, and was written by Sara McConnell, with input from Susan Lang, TD.

Susan Lang, dressage Technical Delegate, and Jennifer Rawlinson, horse show manager, asked for help in educating competitors and show management about horse show rules. KCDS hopes to help make a few of these rules easier to read and understand!

The first thing that needs to be understood is that everyone has a responsibility in understanding the process. Please familiarize yourself with all the rules in the link below (www.usef.org). However, we hope this series helps along the way!

"When situations occur such as equipment eliminations, riders withdrawing during a test, a test going horribly wrong or becoming a safety issue...everyone needs to know the rules and know how to handle the situation. The judge has their part, the rider has their part, the coach may have their part, and then the TD and ring stewards also have their part/role. The least "responsible party" may be the ring steward, but if the horse is eliminated for safety...as soon as they are out of the ring the "safety issue"

becomes within the purview of the ring steward (as the horse may continue to act up),” explained Susan Lang.

Issue #1 -- Rider excuses themselves during a test and leaves the ring without speaking to the judge an obtaining permission to leave the competition ring.

The United States Equestrian Federation rule states...

“**GR1305.2.** If an exhibitor voluntarily removes a horse from the ring without the permission of the judge, the Show Committee or Competition Management will disqualify the exhibitor and all their entries from all *future classes at that competition* and all prizes and entry fees for the entire competition will be forfeited.

DR 123.3 Competitors may not “withdraw” or “scratch” after the final salute of a test. Only the judge at “C” may give permission to withdraw during a test. Competition Management has no authority to grant permission for a rider to withdraw or scratch during or after a test,” USEF RULE BOOK.

IN OTHER WORDS...

A rider will be ELIMINATED if they leave the competition ring, during a test, without the judge's permission.

In Case You Wanted to Know: This educational website was recently pointed out to me for various classroom sessions with Dr. Deb Bennett (regular contributor to Equus magazine). I’ve not attended any of the live classes (there is live Q&A after), and there are also archived classes that you can do for \$25.00. Seems like a good price...and I know Deb Bennett is a great educator. If you do attend one of these classes, please write something up for the newsletter. Classes about biting (Western and English), collection, engagement, “raising the base of the neck,” farrier discussion, etc. Wide variety of topics!
<https://eclectic-horseman.com/the-horsemanship-shop/eclectic-classroom/watch-past-classes/>

Attention Dressage Competitors! There is a new USEF memo out that explains the recent changes to allowable crownpieces at recognized dressage shows. Please make sure you don’t get eliminated for improper equipment. See the memo here(past into your browser)
<https://links.usef.mkt7856.com/ctt?ms=MjQzNDU0NjAS1&kn=4&r=MTg1MTY2NTgxMDI3S0&b=0&j=Mjk0MDYyNDE5NQs2&mt=1&rt=0>

United States Dressage Federation Annual Convention, Houston, TX. Marie Maloney and Susan Lang are headed to Houston in early December for the USDF Convention. Susan is the KDEA delegate and will carry the votes for the club as this year we vote for a Regional Director and other officers of the USDF. The Convention also features educational sessions for riders, trainers, judges and juniors...Susan will write up her notes and share them in future newsletters. If you have any questions about the Convention, please contact Susan at smlang2@cox.net