



off course

A BI-MONTHLY PUBLICATION FOR SEDA MEMBERS ♣ MAY / JUNE 2014

IN THIS ISSUE

► COLUMNS

what's up? - 2
barn dirt - 6
newsworthy - 20

► EVENTS

le bon temps - 3
breeders' breakfast - 3
junior classic - 3
photography clinic - 3
calendar, (insert)

► MEMBERSHIP

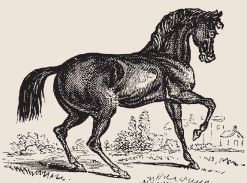
scholarship report - 4
suggestion box - 9
eventing standings - 12
jr/yr report - 10
new members - 11
recognized dressage - 13
schooling dressage - 14
board meeting minutes - 16
volunteer hours - 18
event/volunteer forms - 22
contacts - 24
membership form, (insert)

► RESULTS

amen corner ct - 15

► ADVERTISERS

kari garber clinic - 4
busch sporthorses - 7
facility/trainer directory - 23
classifieds - 23



Robert Dover Dressage Horsemastership Week...Amazing!

By Kalie Beckers, SEDA Jr/Yr Scholarship Recipient

I was one of eight riders selected to attend the Third Annual Robert Dover Dressage Horsemastership Week (RDHW) presented by Dressage4Kids, Inc., held January 2-6, 2014, in the van Kampen Indoor Arena at the Global Dressage Festival show facility in Wellington, Florida. Riders were selected from Dressage4Kids (D4K) Emerging Dressage Athlete Program clinics held around the country, as well as, from major competitions including North American Junior/Young Rider Championships, The United States Equestrian Federation Festival of Champions and the Dressage Seat Medal Finals.

The clinic week was designed to be an extensive educational experience for all riders and invited auditors. We were immersed in a week of intense DRESSAGE. The educational experience centered on training sessions with top international

Continued on page 4



Kalie Beckers and Bienvenu ZSH at the Robert Dover Clinic.

LUK SLADE/THE CHRONICLE OF THE HORSE PHOTO

competitors, but extended far beyond the typical clinic lesson.

We arrived in Wellington late on December 30, after a fourteen hour haul. I took my mom's horse, Bienvenu ZSH. The trip was even more fun because two of my Region 9 friends, Emma Patterson (FEI Pony Rider) and Allie Cypress (FEI Junior Rider) were also selected riders and we all traveled together. We traded the freezing temperatures for beautiful South Florida weather. The Global Dressage Facility and Wellington in general is the ultimate equine experience. Because we arrived early we had two days to relax, let our horses acclimate to the gorgeous facility, sightsee, go to the beach (yes, in January) and shop at the Tackeria!

The clinic started on January 2nd at 6:30 am with stable chores immediately followed by a 45-minute rider workout designed by personal trainer Bob Gutowitz. He stressed that riders need to

be just as physically fit as their horse if they want to participate in top international competitions. The sessions involved a lot of running and squats—we were all very sore after the first session.

Next on the daily agenda was lessons with top international trainers. Trainers for this year's event were Robert Dover, Debbie McDonald, Jan Ebeling, and Shelly Francis. On the first day, I was selected to ride with Shelly Francis, Bienvenu (a.k.a. Bien) was a good boy and we spent the entire lesson working on correct connection in all movements. The second day, after being super sore from the morning workout (I could barely walk), I rode with Robert Dover and he kicked my behind!! Having an Olympian yelling at you is an experience in itself, but it made me realize how far I need to go to be my very best, that just being average is not good enough. We worked on a rubber-band exercise for the entire lesson. This

exercise occurs on a 20-meter circle and is performed in all three gaits. From E to B the rider extends the horse's gait performing a half-halt over the centerline where the horse collects to the ultimate level. The same movement is repeated B to E. The collection in the trot is passage and in canter is a pirouette canter. Robert continually stressed a rider must "see a vision" of what the horse and movement should look like. He kept telling me see Totilas or Valegro. After our lesson with Robert, Bienvenu and I were a completely different pair, I now have a VISION of what I want everything to look like. The third day, I rode with Jan Ebeling. During this lesson, we worked on 3rd level trot work and maintaining the same connection and tempo in the lateral movements. On the fourth day, I rode with Debbie McDonald—she is a great coach. She has the same drive as Robert, making me "go for it," don't settle for "average," make it



Katie E. Tharp Dressage and Runnymede Farm
Present...

Two Days of Dressage and Long Lining with
Kari Garber
Saturday May 31 and Sunday June 1

Participants \$165 per session
Auditors \$15 per day OR \$25 for both
Stabling \$20 per day

Long Lining Equipment Provided

Contact Katie E. Tharp for Reservations
985.377.4958 | katie.e.tharp@gmail.com

www.Runnymede-farm.com

the best. My mom recorded each lesson and every night I watched the videos several times and wrote down notes.

One the last day of the clinic, riders rode a test appropriate to the level of their ability and their horse's ability. International dressage judges Janet Foy and Linda Zang judged the test and provided public feedback to the riders about their performance from the judge's perspective. I rode 3rd Level Test 3 under Janet Foy. Although my overall test and score was very good, Janet was real quick to notice my habit of sitting off to the right particularly in my lateral work, thus making movements more challenging for Bienvenu. She had me take away my right stirrup and perform all the trot and canter lateral work again. This was extremely difficult especially after five days of intense rider workouts and previous lessons. With that said, removing my stirrup and sitting centered in my saddle made a tremendous difference in the quality and ease of the movements.

In between sessions, riders attended daily lectures from other top professionals that form the "team" required to make a successful international competitor. This year's speakers were USET Team Veterinarian Dr. Rick Mitchell, who taught us the value of prepurchase examinations; sports psychologist Dr. Jenny Susser, who told us we need to be emotionally fit as well as physically fit; equine nutritionist Dr. Mary Beth Gordon, taught us proper equine feeding and weight; top farrier Don Later, proper shoeing; media professional Ken Braddick, how to speak during interviews; top saddler Charles Tota, proper saddle fitting, and USEF Youth Team Coach Jeremy Steinberg, what it takes to compete at the top

levels. I learned about all the necessary aspects that are needed for a horse and rider to succeed both nationally and internationally. We also took a few field trips to some local international training facilities in Wellington, such as Stillpoint Farm owned by Tuny Page. On, Saturday night we all attended a dinner reception hosted by Hampton Green Farm owned by Kim and Fred Boyer.

Riders stayed with host families. My mom and I housed with John and Paula Runnells of Gladstone, NJ. They basically adopted us and invited us to house with them anytime we wanted in Florida or New Jersey. Through this clinic, I met many new friends that I hope to stay connected with in the future. This entire clinic was made possible by an unbelievable amount of sponsorship and donations from equestrian enthusiasts across the county. Stabling, bedding, breakfast, and lunch were all provided in the very small clinic fee that I was able to pay for with my SEDA scholarship. Riders also received shirts, jackets, saddle pads and numerous items which were all donated. This was an amazing clinic and I am very thankful to have been given the opportunity to attend and to have had my behind kicked by the top international coaches and judges. It made me realize that I can't settle for just being average. I have to have the "vision" to be the very best, and as Robert Dover says, "Dressage riding is just simply riding half-halt to half-halt no matter what level you're riding!"

In closing, I want to thank my mom for loaning me her horse, Bienvenu, and for taking me to Wellington. I especially want to thank the SEDA scholarship committee for granting me this scholarship. ♣



Horse Laughs

TRANSLATIONS OF 'TRAINER SPEAK'

What they say: *I think you have potential.*

Translation: *Somewhere else. Not in this sport. EVER.*

What they say: *Don't worry about that combination at the end of the course.*

Translation: *...you'll have used up all your refusals long before you get there.*

What they say: *Be sure to use a lot of leg on him in the first line.*

Translation: *Because when he gets an eyeful of that second fence, you're screwed.*

What they say: *You'll be fine.*

Translation: *Clean up on aisle six.*

What they say: *Your horse really took care of you.*

Translation: *You should be dead.*

What they say: *Just relax and have fun.*

Translation: *That's the best you can hope to achieve.*

What they say: *Remember what we worked on at home.*

Translation: *Try not to ride like you usually do.*

What they say: *I might need to school him a bit.*

Translation: *It's going to take me three months to undo what you just did.*

What they say: *Let's try it again later.*

Translation: *I hope nobody saw that.*

What they say: *I need a drink.*

Translation: *I need a drink.*

Source: A T-shirt on the Internet