

TVDC TA Bits

Newsletter of the Tennessee Valley Dressage and Combined Training Association

February 2011

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Important Dates

- **Feb 15, 2011** Meeting with speaker Tina Hicks from Core Reaction Pilates. See Page 2 for details.
- **Mar 15, 2011** Meeting with speaker Cathy Zappe talking about "Moving Up the Levels." See page 2 for details.
- **March 26, 2011** Closing Date for April 9 TVDC TA Schooling Show at Steel Prize Stables, Madison, AL.
- **April 9, 2011** TVDC TA Show at Steel Prize Stables, Madison, AL
- **April 10, 2011** TVDC TA Clinic by Joan Humphrey at Steel Prize Stables, Madison, AL. See Calendar (pg 8) or page 2 for information.
- **April 19, 2011** Meeting. Speaker and topic to still be determined

TVDC TA 2010 Year End Awards Banquet

By Sonja Rich

The TVDC TA 2010 Awards Banquet was held January 22, 2010 at the Holiday Inn "Port of Madison" in Madison, AL.

Members, spouses, and friends gathered at the bar for a drink and sharing laughs, conversation while watching Debi Gilbert and Donna Barnes' Pas de Deux that they performed at Steel Prize Stable's 2010 Christmas party. The atmosphere was warm and inviting as we made our way into the Banquet Room. Marsha Laitinen made the horse themed decorations. The delicious dinner was topped off with warm deserts and coffee. Trent Gilbert (husband of Debi Gilbert) opened the banquet it and handed over the microphone to Award Committee Chair Debbie Hill to present the 2010 year end awards. (Award winners are list below.)

A big THANKS went out to Steele Prize Stables, Cotton Meadow Farm, Red Horse Ridge, and Flint Ridge Farm for allowing our schooling shows at the wonderful facilities. Each owner was awarded a gift certificate.

Debbie Hill, Debi Gilbert, Paulette Harrell, Anne Chatterton, Samantha Webb, Ginny Moon and Patsy Gray won horsy gift buckets full of surprises.

As the evening came to an end, Debi Gilbert received several nice compliments on how well organized, and how nice the banquet room was. The food was very tasty too. Several members said this was the best banquet they had attended in years and it was suggested that "Port of Madison" be the host for next year's banquet as well.

TVDC TA would like to thank our spouses and friends along with these members

(Continued on page 6)

TVDC TA 2010 Year End Award Winners		
Division	Rider/Horse	Score
Intro JR/YR	1. Rebecca Robert/Maple	64.00
	2. Alisha Leigh Teele/Derby	63.50
	3. Samantha Webb/Lou	55.50
Training JR/YR	1. Samantha Webb/Lou	62.24
	2. Nellie Stallsmith/Bojangles	58.21
	3. Alisha Leigh Teele/Derby	57.97
Training AA	1. Anne Chatterton/Kryptonite	65.73
	2. Patsy Gray/Lucy	65.45
	3. Beth Johnson/Kitt	58.24
	4. Sonja Rich/Pekco	57.90
First Level AA	1. Sonja Hinds/Arlo	60.38
	2. Merry Schmidt/Stretch	59.93
Training Open	1. Hedi Rose/Geordi	60.05
First Open	1. Andrea Pappano/Tahoe	64.53
Volunteer of the Year	Sonja Hinds	

TVDCTA Officers

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Available

CT Volunteer Coordinator

No CT competitions planned for 2011

Mission Statement

TVDCTA is a non-profit organization dedicated to encouraging a high standard of horsemanship through the use of classical dressage techniques. The TVDCTA will disseminate educational material, sponsor and promote activities (such as clinics, seminars and competitions), and cooperate with other local and national organizations in developing and promoting better horsemanship.

2011 TVDCTA Schooling Show

Information

April 9, 2011

Steel Prize Stables, Madison, AL.

Judge: Joan Humphrey "S"

Closing Date March 27, 2011

****Joan Humphrey will also be teaching a clinic on Sunday April 10 at Steel Prize Stables. Please contact Judith Fiorentino at steelprize@knology.net or 256-837-5474 for more information.****

June 11, 2011

Steel Prize Stables, Madison, AL.

Judge: Leslie O'Neal-Olsen (R)

Closing Date May 28, 2011

Sept 10, 2011

Red Horse Ridge, Gurley, AL.

Judge: Mary Fowler (R)

Closing Date August 27, 2011

Oct 22, 2011

Flint Ridge Farm, Huntsville, AL

Judge: Dolly Hannon (S)

Closing Date October 8, 2011

****Date moved from Oct 29**

TVDCTA Member Meeting Schedule

- Feb 15 — Tina Hicks from Core Reaction Pilates
- March 15 — Cathy Zappe on "Moving Up the Levels"
- April 19 — Speaker and Topic To Be Determined

All Meetings will be held at deciBel Research. 325 Bob Heath Dr in Research Park in Huntsville. Dinner will start at 6:15 with the speaker beginning at 6:30 and the Business Meeting at 7:15. All members and guests are welcome to attend.

Please contact Meetings and Programs committee members if you would like more information.

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Sonja Rich, (256)303-4020; danceebottoms@yahoo.com

Pilates and Riding: Part 3

By Tina Hicks

This is the final installment of a 3 part series that Tina Hicks of Core Reaction Pilates has written specifically for TVDCTA Bits Newsletter. Her previous two articles were in the January 2011 and December 2010 issues. Please plan on attending her talk on February 15 at deciBel Research; 325 Bob Heath Dr, Huntsville (in Research Park) at 6:30.

Over the last couple of months you've learned how to restore the natural movement in your rib cage and spine with deeper breathing. You then took that breath awareness and used it to create more awareness of your low back, hips, and spine with the bridge and other exercises. This month we'll travel down the body to the feet. They are your base of support -- both when you are standing and walking, and also when you are in the saddle. Stiffness, tension, and pain in the feet transfer all the way up the body, so how you stand tells us much about how you walk, move, and even consequently ride.

Conversely, just like proper foot care for our horses, attention paid to the feet pays out untold dividends in the release of tension in the body, a sense of support and grounding in relationship to gravity, and a greater sense of balance.

The first task is to simply notice how you stand on your feet. Stand barefooted and notice how your feet make contact with the floor. Are you standing more heavily on your heels or the balls of your feet? Do you notice more pressure on the outside of your feet or the inside of your feet? Do you notice feeling heavier on one foot than the other? Or a sense that one side of the body is heavier? compressed? tighter? Do your feet point forward, or to the inside or to the outside?

Now roll down as if you are going to touch your fingers to your toes. Let your head and neck relax and hang heavy. You're not trying to actively touch your toes or force the stretch - just notice how

far you go easily.

Now take a tennis ball and place it under one foot slightly in front of the heel. Massage the foot by pressing into the ball and slowly rolling your foot back and forth from heel to ball of the foot and even under the toes. Do this for about a minute, covering the whole surface of the foot. Be aware that if areas of your sole are tight you may experience some discomfort.

After about a minute, repeat the forward bend and note any differences. What you may notice is that one side of your body (the same side as the massaged foot) feels longer and looser than the other. What you did was stretch out the fascia (or connective tissue) that runs from your toes all the way up to the crown of your head. Stretching any part of that line affects the whole. Don't forget to massage the other foot so your body is evenly loosened up. Often times you'll notice that the arm on the side where you massaged the foot actually hangs noticeably lower than the other!

Now that you've done both feet, roll down again and let your head, neck, and arms hang heavy. Notice how much more connected to the floor and solid your feet feel. Now roll back up and notice that standing up and feeling tall comes effortlessly now. What you've done is awaken in your arch a natural reflex that travels up the inner legs to the pelvic floor and along the spine all the way up to the jaw. This is one of several pathways in the body that serve to support and balance us as we move about. It's easy to see how rekindling this increased sense of support from the feet to the head can help in the saddle.

Now that we've opened up the foot from ball to the heel, let's explore how creating a sense of width in the foot can help relieve tension in the hips and low back as well as contribute to an overall sense of balance in the body. Take two tennis balls and place one under each

foot, just in front of your heel. Stand on them so that you have plenty of foot on the floor. Keeping the balls of your feet and toes on the floor, move your heels in and out like they are windshield wipers. Let the movement move all the way up your body so that you feel your thighs rotating, your hip joints moving, and your sacrum/low back softening and widening. Move the tennis ball farther up the arch and do the same thing - moving the heels in and out in a semi-circle sort of motion. In this manner you are moving the ball across a thick piece of connective tissues that forms a stirrup under your foot.

As you are doing this, notice that that thigh bone starts to move a bit easier - requiring less work from the larger muscles of the legs and instead becoming more about moving the bones. As the thigh bones move, the hips and sacrum are encouraged to release and widen.

After a minute or two of this step off the balls and stand normally. Notice how your feet, hips, low back, and farther up your body feel. A bit wider? Softer? More connected to the earth? I like to say this brings out the SpiderMan or Tree Frog in all of us - that ability to feel strongly connected to the ground. That is the feeling you want to gain in the stirrup out of this. That will allow for the release of tension in the hips and pelvis and a greater sense of security in the saddle. And all because we paid some attention to our feet!

When our bodies have a strong sense of grounding, the natural responses to support and hold us upright against gravity take over. This results in an ease and grace in your posture, movement, and riding that can only come from the release of tension - as opposed to making your body hold a certain shape.

I hope this has been helpful to you and look forward to seeing you all at the February meeting where I'll talk more about how all this relates to riding.

2010 Adequan/USDF National Convention & Symposium Wrap Up

December 1 – 5, 2010

Jacksonville, Florida

Hyatt Regency Jacksonville Riverfront

By Judith Fiorentino

I attended the Convention and the Symposium in December. The National Convention is made up of elected Delegates who represent the Participating Members of their Region (I represented the participating members from Region 3) and the Group Member Organizations (like TVDCTA) who are represented by the delegate they choose from their membership. When you check in and receive your Convention packet you get a schedule of meetings that will take place and you get to set up your schedule for the days before the Board of Governors Meeting. USDF is changing its governance and downsizing the number of councils and committees. With the new format there will be three councils (Technical, Administrative and Activities) and one at-large director will be elected from each of the councils and will serve on the Board of Directors with the four officers and nine Regional Directors. Members of the BOG will elect the at-large directors and it is felt that these three will prove a positive change for the governance structure by increasing communication between the committees and Executive Board. Most of the delegates also serve on committees like the Membership Committee and then we have the Regional meetings, which are chaired by our Regional Director – this was Sandy Bishop in her last year as Director. Region 3 held an election to replace Sandy and the new Director is Kimberly Taylor. You will be reading about her in the months to come. This is the year that the odd numbered regions held elections so we have new directors in Regions 1, 3, 5, 7 and 9. Regions 7 and 9 reelected their directors without opposition. We also have a new Vice President – Beth Jenkins. Beth is a member of New England Dres-

sage Association and won many of us over by her comments, “Everyone owes a big thank you to USDF volunteers and staff. Do not forget that USDF is the only national dressage organization.”

There were two big issues this year: a rule change proposal requiring helmets at fourth level and below which created hot debate and the new, improved tests. The change to U.S. Equestrian Federation rule DR-120 would require everyone under the age of 18 and those showing fourth level or lower to wear a helmet when mounted at the showgrounds, including during warm-up and schooling. At Fédération Equestre Internationale competitions, FEI rules would take precedence, and juniors could ride in top hats or derbies. While there was much discussion about the “discounting” of brains of riders competing above fourth level, it was felt this was the best way to go forward. This is the first helmet rule instituted for dressage classes and while some felt the rule wasn’t going far enough others thought of it as a necessary move. Darren Chiacchia, an upper level event rider who suffered a severe head injury in 2008, spoke and of course the memory of Courtney King Dye’s riding accident was on everyone’s lips. Many expressed concern over enforcing the rule – especially in warm-up where upper-level riders share the space with lower-level ones. The rule is currently slated to become effective on March 1, 2011.

The next issue was the new and improved tests. Axel Steiner, an FEI O-level Judge and Chairman of the USEF Test Writing Subcommittee

spoke briefly about the new tests which took effect December 1. The biggest changes allow riders to post the trot at first level, reducing the number of tests at training, reducing first and second level from four to three and reducing the requirements for fourth level. The gaits score is no longer a coefficient and the rider score has been split into three parts to receive a separate score for each: position and seat, correct and effective use of aids, and harmony between rider and horse. A lot of the tests were not new, they were improved. Several of the directives have been rewritten to provide additional clarity for judges and riders. For the membership of TVDCTA, we are having an S judge, Joan Humphrey come and judge in April and hold a clinic following on Sunday dealing with the new tests.

The Symposium on Saturday and Sunday was Cross the Bridge from Training to Showing: Learn to ride the new tests with Lilo Fore and Gary Rockwell. Over two days from 9 a.m. until 3:30 p.m. each of the new tests were ridden, judged and discussed. Lilo was the trainer, Gary the judge and then they both worked with each rider and horse on what was important in the test that was done well and what could be improved. Each of the three tests at Introductory, training, first, second, third and fourth level were ridden and discussed. It was a great way to see the new tests and receive input on the intent of the tests.

This report is a combination of my personal observations and items posted in other sources.

Cathy Zappe to talk about “Moving Up the Levels” at March 15 TVDCTA meeting.

Our guest speaker for the March 15 meeting will be TVDCTA member Cathy Zappe. She will be talking about “Moving Up the Levels.” The meeting will begin at 6:30 and will be at deciBel Research; 325 Bob Heath Drive in Research Park in Huntsville. All members are welcome and dinner will be provided. Below is Cathy Zappe’s biography.

I grew up in South Africa and started riding at age 7 and started out showing and jumping in the Children’s division (South Africa is similar to Britain in the type of showing and riding that is done).

When I was 10, a very good equitation program was introduced to improve the quality of young riders throughout the country. It was sponsored by BP and, through it every junior rider had two week-long clinics a year with professional dressage or jumping instructors and then competed at the regional, provincial and national level. One had to qualify for provincial and national competition. The competitions focused on effective, elegant riding in dressage and jumping on your own and strange horses. I qualified for Nationals twice and both times was in the top 10 junior riders in the country.

As a young adult I evented to Prelim level and then went on to focus more on dressage. I have schooled and shown numerous horses to second and third level and competed at Intermediare 1 on my Shire cross gelding that I brought on myself. I also earned my USDF Bronze and Silver medals showing him.

Over the last few years I have shown the following horses:

- Miles, a fifteen year old Shire cross showing I1 and schooling I2, scoring low 60s.
- Artistic Inspiration, an eight year old Dutch gelding showing Third level, scoring mid 60s and achieving High Score awards
- Calvin, an eight year old Oldenburg showing Second level, scoring in the 70s achieving High Score awards
- Rohan, a six year old Oldenburg gelding showing First level, scoring 70s and also achieving High Score awards.

At sixteen I started to teach beginners on the lunge line at the riding school and slowly progressed to teaching group lessons. After leaving school I decided on a career in Science and worked in Medical Research after obtaining a Masters in Microbiology. I began teaching dressage part time in the early ‘90s then gave up my science job to focus full time on dressage.



We moved to the US in 1999 and once I obtained my Green card, I started teaching and training full time. I have about 20 full time students and also give a few clinics. My students range in level from Intro to Prix St. George and in age from 10 to 66.

One of my eventing students was the top Junior rider at Training Level in Region III in 2006 winning on her dressage scores. Another student won several high score awards at Training level at Open shows on her Anglo-Arabian scoring in the 70s. She was 6th in the USDF rankings for Arabians at Training Level. Two of my students came first in the US with their First level Pas de Deux. In 2009 two of my students earned their USDF Silver medals and in 2008 another of my students was ranked first in the Swedish Warmblood society 3rd level adult amateur division.

I have my USDF Instructor Certification through 4th level and earned a 94% for my teaching and a 90% on my riding. I have ridden in clinics with Volker Brommen, Albrecht Hiedeman, George Williams, Hubertus Schmidt and Conrad Shoemaker. I attend as many clinics and trainer conferences as I can and read extensively. I use the Dressage Training Online as a further resource to access trainer conferences and judges views. I am passionate about my teaching and focus on rider position, balance and correctness of the aids to achieve the desired connection, balance and thoroughness in the horse.

USEF Passes New Safety Helmet Rules for Eventing and Dressage Riders

From the USEF Communications Department on January 25, 2011

Lexington, KY- The Board of Directors during this year's United States Equestrian Federation (USEF) Annual Meeting approved new helmet rules for riders in both eventing and dressage - just two weeks after dozens of stakeholders in equestrian sport met with the goal of improving rider safety across disciplines.

"If the technology is available to reduce head injuries, the time to use it is now," said USEF President David O'Connor. "I am very proud of our organization for taking this very important step. It is a huge direction of change."

Briefly, the first rule change requires anyone on a horse to wear a ASTM/SEI-approved helmet at all times while mounted on competition grounds at U.S. nationally rated eventing competitions. The rule change is effective immediately.

Further specifics regarding the changes to the rule for Protective Headgear for Eventing (EV 114.1) will be posted here in the future:

http://www.usef.org/_IFrames/RuleBook/Changes/2011.aspx.

The United States Eventing Association (USEA) helped shepherd the rule change through the USEF committees during USEF's Annual Meeting.

"The attention to safety in eventing has led to a 40 percent decrease in rider injuries between 2007 and 2011," said Malcolm Hook, USEF Eventing Safety Officer and chair of the USEF Eventing Technical Committee. "The Eventing Technical Committee could see no reason to delay implementation of a probably inevitable and statistically justifiable rule change in an effort to continue this encouraging trend."

The second rule change is effective March 1, 2011. For Dressage, riders under age 18 must wear protective headgear, as defined by DR120.5 and in compliance with GR801, at all times while mounted on the competition grounds. This includes non-competing riders as well as those competing at any level.

Additional details regarding the changes to the rules for Protective Headgear for Dressage (DR120.5) will be posted here in the future:

http://www.usef.org/_IFrames/RuleBook/Changes/2011.aspx.

The USEF Board of Directors approved both the eventing and dressage helmet rule changes on January 23 at the conclusion of USEF's Annual Meeting.

See www.USEF.org for additional information.

(Awards Continued from page 1)

who attended. Members in attendance were Patsy Gray, Paulette Harrell, Debbie Hill, Karen Boates, Sarah Milligan, Donna Barnes, Debi Gilbert, Jean Coshow, Bill Fiorentino (representing Judith), Marsha Laitinen, Mary Bankich, Andrea Pappano, Ginny Moon, Samantha Webb, Ann Chatterton, Sabrina Bryum, Peggy Lee and Sonja Rich. Thanks to Debi Gilbert for organizing the banquet, Trent Gilbert for his special remarks and keeping the good flow through out the night, and to Debbie Hill for presenting the awards.

A fun time was had by all. If you could not make it, please plan on attending next year. GOOD LUCK IN 2011 and see you at the shows!!!!



Above: Happy gift "bucket" raffle winners. Thank you Marsha Laitnen for making them.

Left: Prizes included monogrammed saddle pads.

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PARKWAY OFFICE CENTER
(BETWEEN GIBSONS BBQ & REDSTONE FEDERAL CREDIT UNION)



www.corereactionpilates.com

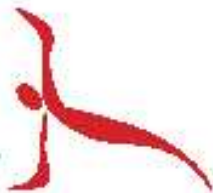
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Judith Fiorentino

USDF Bronze, Silver and Gold Medalist

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USDF certified associate Instructor



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Cathy Zappe

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USDF Bronze and Silver Medalist

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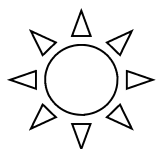
2011 CALENDAR OF EVENTS

Feb 11-13	BRIAN MACMAHON CLINIC. At various locations near Gurley and Huntsville. \$95 per ride. Spots must be reserved by Feb 7. Please contact Sonja Hinds for information. (256) 682-6913 or sonjahinds57@msn.com.
Feb 26	Chiropractor Dr. Elizabeth Schrader and masseuse Cherry Baldrige at Steel Prize Stables, Madison, AL. See http://steelprizestables.blogspot.com/ for updates and more information or contact Judith Fiorentino. 256-837-5474 steelprize@knology.net
March 5-6	Debbie Rodriguez Dressage Clinic at Steel Prize Stables. Please contact Judith Fiorentino for more information. 256-837-5474 steelprize@knology.net
March 12-13	Poplar Place Farm March Dressage Show. Hamilton, GA. USDF/USEF Dressage show. See www.poplarplacefarm.com
March 26	Chiropractor Dr. Elizabeth Schrader and masseuse Cherry Baldrige at Steel Prize Stables, Madison, AL. See http://steelprizestables.blogspot.com/ for updates and more information or contact Judith Fiorentino. 256-837-5474 steelprize@knology.net
April 9-10	Greater Atlanta Dressage Southern. Conyers, GA. USDF/USEF Dressage show. See www.gdcta.org
April 9	TVDCTA Schooling Show at Steel Prize Stables. Madison, AL. Judge: Joan Humphrey "S". See www.tvdcta.org. Prize List and Entry to be in March 2011 BITS Newsletter. Closing Date March 26.
April 10	TVDCTA sponsored clinic by Joan Humphrey at Steel Prize Stables. Please contact Judith Fiorentino at steelprize@knology.net or 256-837-5474 for more information.
April 15-17	Tennessean Express Dressage and Tennessean Express Dressage. Murfreesboro, TN. USDF/USEF Dressage Show. See www.tndressage.com
April 16-17	Poplar Place Farm April Dressage Show. Hamilton, GA. USDF/USEF Dressage show. See www.poplarplacefarm.com
April 23-24	Dressage at Greystone Farms. Lynnville, TN. USDF/USEF Dressage show. See www.greystoneequestriancentershows.com
April 23	Chiropractor Dr. Elizabeth Schrader and masseuse Cherry Baldrige at Steel Prize Stables, Madison, AL. See http://steelprizestables.blogspot.com/ for updates and more information or contact Judith Fiorentino. 256-837-5474 steelprize@knology.net
April 30-May 1	GHF/Collecting Gaits Farm Dressage at the Horse Park. Conyers, GA. USDF/USEF Dressage show. See www.goodhorseman.org
April 30-May 1	Dressage at the Ridge. Tuskegee, AL. USDF/USEF Dressage show. See www.sucaroridge.com
May 14-15	Memphis in the Springtime 1 and 2. Germantown, TN. USDF/USEF Dressage Show. See www.deltadressage.com
May 21-22	Dressage at Greystone Farms. Lynnville, TN. USDF/USEF Dressage show. See www.greystoneequestriancentershows.com
May 21-22	Poplar Place Farm May Dressage Show. Hamilton, GA. USDF/USEF Dressage show. See www.poplarplacefarm.com
May 21-22	Debbie Rodriguez Dressage Clinic at Steel Prize Stables. Please contact Judith Fiorentino for more information. 256-837-5474 steelprize@knology.net
June 11	TVDCTA Schooling Show at Steel Prize Stables. Madison, AL. Judge: Leslie O'Neal-Olsen (R). See www.tvdcta.org. Closing Date May 28.
June 11-12	Dressage by the River. New Market, TN. USDF/USEF Dressage Show. See www.-river-glen.com

2011 CALENDAR OF EVENTS (continued)

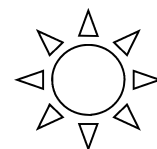
June 11-12	The Good Horseman/Collecting Gaits Farm Annual Dressage Show 1st and 2nd Edition. Conyers, GA. USDF/USEF Dressage show. See www.goodhorseman.org
June 18-19	Poplar Place Farm June Dressage Show. Hamilton, GA. USDF/USEF Dressage show. See www.poplarplacefarm.com
July 16-17	Dressage at Greystone Farms. Lynnville, TN. USDF/USEF Dressage show. See www.greystoneequestriancentershows.com
Aug 20-21	Dressage at Greystone Farms. Lynnville, TN. USDF/USEF Dressage show. See www.greystoneequestriancentershows.com
Aug 26-28	Ole South Prelude and Breed Show and Dressage Classic. Murfreesboro, TN. USDF/USEF Dressage Show. See www.tndressage.com
Sept 10	TVDCTA Schooling Show at Red Horse Ridge. Gurley, AL. Judge: Mary Fowler (R). See www.tvdcta.org
Sept 10-11	Dressage at Greystone Farms. Lynnville, TN. USDF/USEF Dressage show. See www.greystoneequestriancentershows.com
Sept 10-11	Poplar Place Farm September Dressage Show. Hamilton, GA. USDF/USEF Dressage show. See www.poplarplacefarm.com
Sept 10-11	Southern Hospitality Dressage Breeders Classic 1 and 2. Conyers, GA. See www.gdcta.org
Sept 17-18	The Good Horseman/Collecting Gaits Farm Fall Dressage Show. Conyers, GA. USDF/USEF Dressage show. See www.goodhorseman.org
Sept 18	GHF Fall Dressage Sport Horse Breed Show #2. Conyers, GA. USDF/USEF Dressage show. See www.goodhorseman.org
Oct 1-2	Blues City Dressage. Germantown, TN. USDF/USEF Dressage Show. See www.deltadressage.com
Oct 22	TVDCTA Schooling Show at Flint Ridge Farm. Huntsville, AL. Judge: Dolly Hannon (S). See www.tvdcta.org
Oct 29-30	TN State Championships and Harvest Classic Dressage. Shelbyville, TN. USDF/USEF Dressage Show. See www.tndressage.com

Did we miss something? Are you hosting an event you would like to list? Please email meris@mcn.net or bduncan@hiway.net to add things to the calendar. A complete year's listing can be found at tvdcta.org
Items are subject to change at the editor's discretion.



"I truly believe that when training you should not only concentrate on the horse's weaknesses and the things that are difficult for him (which could undermine his self-confidence), but you should also train the things he can do well. I always end the schooling session with something the horse can do easily."

Kyra Kyrklund, Dressage with Kyra.



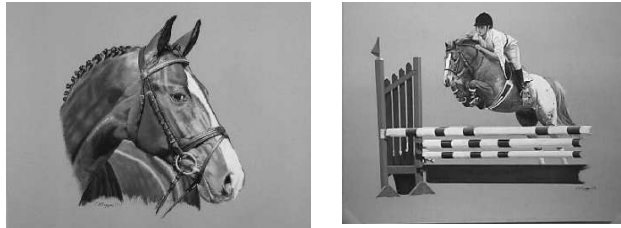
Classified Ads

Member's (free) classified ads will also appear on the TVDCTA web site, www.tvdcta.org. Note that the pictures will be **in color** and **larger** if you look on the web! You may also submit pictures for inclusion in your ad. Please contact the editors to renew after three months.

Portraits in pastel by Virginia Moon. Starting at \$250.00 depending on travel. I will take photos of your horse. Call 859-0659 or email ginnymoon@aol.com.



Portraits by Cathy. Horses, dogs cats and children. Your favorite photo or I can take them for you. \$150 for a head only, \$200 and up for the whole animal, depending on the amount of background, rider etc. Call 721-3946 or email me at czappe@mchsi.com.



Morgan Mares: Kate-8 year old reg. Morgan mare-sound, trail rides, great dressage prospect, proven broodmare, trailers, shod regularly, good ground manners. Emma - coming 3 year old, sound Morgan mare, ties, hooves trimmed regularly, handled a LOT as a baby, people lover. Price on both - make an offer. See www.chanceyspeaceofheaven.com or call 256-603-0055 or Jackie8@aol.com.

For Sale: Lacy is a 14 year old, 13.1 hand pony. She has excellent ground manners and would be a great first pony for any child. She has been used as a lesson pony, she jumps, loves to trail ride and has been shown in dressage, combined training and Hunters. Asking price is \$4500. Call Kathy (205) 522-7478.



Appendix Quarter Horse gelding for sale - 13 y/o showing First Level and schooling Second Level. Consistent scores in the 60% range. Expressive gaits and great work ethic. Easy to handle, loads, cross ties, no vices, utd on shots, coggins, and shoeing. Great horse for someone wanting to get their bronze medal. Asking \$1000. Merry Schmidt 256-497-7793



Horse Boarding. Odenville, Alabama show stable. Very large indoor riding area and turnout. \$350 per month. Call Tim at 205-629-7762.

Tennessee Valley Dressage and Combined Training Association Membership Application

Primary Member Name: _____ Birth Date (for Juniors): _____

Address: _____

Phone: (____) _____ E-Mail Address: _____

Membership Type: Please select either Individual Adult, Individual Junior, or Family Membership and enter appropriate fee.

____ Individual Adult Membership (\$40) (USDF Dues \$20, Club Dues \$20)

____ Individual Junior (under 21) Membership (\$30) (USDF Dues \$20, Club Dues \$10)

____ Family Membership (\$50; covers two riders) (USDF Dues \$30, Club Dues \$20)

Secondary Family Member Name: _____

Birth Date (for Juniors): _____

Additional Family Membership Riders (\$12 each) (USDF Dues \$10, Club Dues \$2)

____ Additional Family Rider 1 Name: _____

Birth Date (for Juniors): _____

____ Additional Family Rider 2 Name: _____

Birth Date (for Juniors): _____

____ Additional Family Rider 3 Name: _____

Birth Date (for Juniors): _____

____ Additional Family Rider 4 Name: _____

Birth Date (for Juniors): _____

____ **Total Membership Fee** - *A portion of your dues will be sent to USDF*

If a new member, how did you find out about TVDCTA? (Which TVDCTA member should get the credit?)

Are you interested in helping out with:

Awards - Budgets - Clinics - Shows - Combined Training - Librarian

Meetings/Programs - Membership - Newsletter - Nominating - Publicity - Volunteers ?

Please make checks payable to TVDCTA. - Please submit renewals prior to **November 30th**.

Mail to: **Paulette Harrell**, 3113 Hale Drive, Huntsville, AL 35805

For more information, contact Paulette at (256) 652-4007

This organization is a USDF Group Member Organization and members are automatically USDF Group Members and are eligible for all USDF rider awards.

Meris Greges
29938 Thach Rd
Athens, AL 35613

*Next Meeting. Tuesday Feb 15 6:15 PM. deciBel Research;
325 Bob Heath Drive in Huntsville in Research Park. All
Members Welcome. See Page 2 for details.*



Tennessee Valley Dressage &
Combined Training Association

Do you have a horse keeping, fitness, training, or time saving tip you would like to share? How about a question or a neat photo? Contributions for the newsletter are encouraged!! Please have submissions in by the 25th of the month prior to the issue. Items are subject to change at the editor's discretion. Contributions may be mailed or submitted via email to meris@mcn.net. If you would like your mailed material returned, please include a SASE. Mail contributions to Meris Greges; 29938 Thach Rd; Athens, AL 35613

Last Month's Trivia Answer

What is/are the major change(s) for the 2011 USEF (Training –4th Level) and USDF (Intro) dressage tests?

- A) There will be 3 tests per level at all levels.
- B) Intro Level will now include a canter movement. (*Intro Test C*)
- C) Posting trot is allowed for all trot work at First Level.
- D) A and C

E) All of the Above

TV DCTA Bits Advertising Rates

Business Card.... \$5/mo. 1/4 Page.....\$10/mo.

1/2 Page..... \$17/mo. Full Page.....\$30/mo.

Sponsor Strip... \$7/mo. Classified*.....\$2/ line/mo

----Advertise for 5 months, get the 6th month free!----

Classified ads will also be placed on our web site and may include a photo (counts as an extra line).

Please send advertising copy with payment (payable to TVDA) to: **Paulette Harrell**, 3113 Hale Drive, Huntsville, AL 35805 *Members may place one free classified ad (up to 3 full width lines) per newsletter.