

TV DETA Bits

January 2011

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Important Dates

- **Jan 22, 2011** Year End Awards Banquet. Port of Madison (Holiday Inn, 9035 Madison Boulevard, Madison, AL). Email up_n_ever@bellsouth.net for more information and to RSVP. See page 3 for the invitation.
- **Feb 15, 2011** Meeting at deciBel Research. Dinner starting at 6:30 followed at 6:45 with a presentation by Tina Hicks from Core Reaction Pilates and business meeting at 7:30. All members are welcome.
- **Mar 15, 2011** Meeting at deciBel Research. Dinner starting at 6:30 followed at 6:45 with a speaker (topic to still be determined) and business meeting at 7:30. All members are welcome.
- **March 26, 2011** Closing Date for April 9 TV DETA Schooling Show at Steel Prize Stables, Madison, AL.

Pilates and Riding: Part 2

By Tina Hicks

This month I'll expand more on how to use the breath to gain movement and flexibility in your spine. You'll see how that will translate to a more stable, confident rider as your body responds to increased movement in the ribs and vertebrae.

get discouraged! If this area of your body feels stiff, or hasn't moved in the manner in a long time, this can be an exercise in frustration to be sure.

Figure 1 shows me lying on the floor in

You'll build on the breathing exercise you started last month to begin moving the whole spine and gain awareness of where your sitz bones are and how that relates to the rest of your alignment.



Figure 1: Starting Position.

Exercise 1: Pelvic Tilt

Assume the same position you did to start your breathing – on your back with your knees bent and feet flat on the floor. Begin with 4 breaths where you find some lateral movement in your ribs. Now add some movement of the pelvis/hips with the breath by letting your low back leave the ground slightly on the inhale and letting it settle back to the ground on the exhale. This is a small movement that works on flexibility around the hips, SI joint, and lumbar spine.

Initially you will want to make the movement very large or may have trouble moving at all – that's perfectly normal. Don't

the starting position. My arm is lifted so you can see the line of my body against the floor, but you should have both arms by your side.

Figure 2 shows an arch on the inhale and Figure 3 shows the drop on the ex-

Continued on Page 4



Figure 2: Arch during inhale.

TVDCTA Officers

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CT Coordinator

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.

Tennessee Valley Dressage & Combined Training Association

Members Meeting

The meeting was called to order at 7:00 PM.

Members present were: Sonja Hinds, Judith Fiorentino, Paulette Harrell, Sally Colucho, Jane Dougert, Donna Barnes, Debi Gilbert, Beth Johnson, Merijke Frye, Sonja Rich, Jean Coshow

Minutes of the October Meeting were approved.

Treasurer's Report

Beginning Balance		5559.69
Nov Newsletter	(163.32)	
Oct Meeting	(72.14)	
Show Profit	483.00	
Ending Balance		5807.23

Seven membership renewals have been received.

The club overpaid the show portion of the judge's travel, paying 60% instead of 50%. The adjustment will be made with Flint Ridge.

New Business

Because the Awards Banquet will be held in January, the Pilates presentation will be rescheduled. Judith Fiorentino will contact Tina Hicks to coordinate.

The Awards Banquet will be held at the Holiday Inn Restaurant in Madison on January 22. Debi Gilbert volunteered to coordinate the arrangements and make reservations.

The Show Committee reported that four dates had been chosen for shows in 2010: 9 April, 11 June, 10 September, and 29 October. Dolly Hannon will be the judge for the 29 October show. The remaining judges will be selected and scheduled by the Shows and Clinics Committee. Judith Fiorentino will look into the possibility of combining clinics with the shows.

Meeting adjourned.

Next Meetings

14 December 2010 (Ornament Swap)

2011 TVDCTA Schooling Show Dates

April 9, 2011
Steel Prize Stables, Madison, AL.
Judge: Joan Humphrey "S"
Closing Date March 27, 2011

June 11, 2011
Venue: TBD. Judge: TBD

Sept 10, 2011
Red Horse Ridge, Gurley, AL.
Judge: TBD

Oct 29, 2011
Flint Ridge Farm, Huntsville, AL
Judge: Dolly Hannon (S)

Trivia Question

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.
- C) Posting trot is allowed for all trot work at First Level.
- D) A and C
- E) All of the Above

Last Month's Trivia Answer

What is the title, author, and date of the earliest known works on choosing, caring for, and riding horses?

ANSWER: "The Art of Horsemanship" by Xenophon (427-355 BC)

This book can be purchased from the USDF bookstore.

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

2010 TVDCTA Awards Banquet

January 22, 2011 7:00 pm

Holiday Inn / Port-Of-Madison

Huntsville-West 9-565
9035 Madison Blvd
Madison, AL 35758
256-772-7170

Dinner Menu

Rib Eye (14oz cut)
Chicken Marsala
Vegetarian Plate

Each plate includes Parsley Buttered Potatoes, Seasoned Green Beans, Salad, Cheesy Biscuits, Peach Cobbler, Coffee (reg. or decaf) and Tea. Cash Bar available in Lounge.

Please email your RSVP along with your dinner choice to Debi Gilbert, UP_N_OVER@bellsouth.net by January 3, 2011, 10:00pm

All members' meals will be paid for by TVDCTA. If you are bringing a guest please send payment with food choice along with your RSVP by January 3, 2011. Please email Debi for more information.

Core Reaction Pilates LLC

3313 SOUTH MEMORIAL PARKWAY, SUITE 114
PARKWAY OFFICE CENTER
(BETWEEN GIBSONS BBQ & REDSTONE FEDERAL CREDIT UNION)

www.corereactionpilates.com

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- Alleviate Pain
- Improve Posture
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hale. I have exaggerated both of these for the purpose of illustrating the movement as it would be hard to see



Figure 3: Exhale

otherwise. Your movements will be smaller than what I'm showing here. Something that may help is to imagine a marble on your belly button. On the inhale that marble rolls toward



Figure 4: Bridge

the pubic bone and then out between your legs. On the exhale the marble rolls towards your ribs and breastbone.

Once you have found the basic movement, then you can start to refine it by using only those muscles between your hip bones and minimizing use of the glutes (butt muscles) and large leg muscles (hamstrings and quadriceps) to create the movement. In this manner you can feel how your internal muscles can come together to create this movement rather than relying almost solely on the larger external muscles. This is important: when the external muscles are too active, the internal postural support muscles

stop working like they should.

Exercise 2: Bridge

The basic Pelvic Tilt described above is the foundation for the Bridge, which aides in spinal articulation and flexibility the whole length of the spine. The Bridge starts the same way as the Pelvic Tilt – as you exhale the lower back drops down and the tailbone will naturally tip up. Now imagine that your tailbone can just keep floating up and out towards your knees and let your spine follow.

In this manner your spine will begin to come off the floor one piece at a time. Continue to breathe and keep taking the spine up one vertebrae at a time, until you are balanced on

the upper shoulders, back of the head and feet (Figure 4). Be careful not to roll past your shoulders and onto your neck arch your back too much(Figure 4a). Your head should be able to move easily from side to side here – if it doesn't then drop your body just a bit.

You'll come back to the starting position by first dropping the base of the breastbone and letting your spine roll down as if you were laying a strand of pearls on a dresser. As you go through this movement, you'll find that lateral breath that we started with will aid in the rib and spine movement. This is much easier said than done, I know! But the re-

sults are so worth it! Increased movement in the ribs, low back, and pelvis -- which equates to a more stable seat while on the horse. How? As you're working on these basic moves, your body is remembering how to use the internal postural support muscles along the spine rather than the larger outside muscles.

Exercise 3: Finding the Sitz Bones

The last exercise to work on is finding your sitting or sitz bones while sitting in a chair. When you are on your sitz bones, your body is well balanced over your pelvis/hips as you are on the bottom edges of the pelvis and the spine is neutrally aligned above it. Weight is distributed in an even (back-healthy!) manner, and you are positioned to move easily in any direction.

Find a seat that allows you to sit on the front edge with your feet solidly on the floor (see Figure 5 -- it will be easier to feel your sitz bones if you are sitting on a chair without padding). From here you'll use move your pelvis in a similar manner to the Pelvic Tilt above (Figures 6 and 7). As you tilt back and forth, you'll feel yourself shift so that you are in front of, and then behind, your sitting bones. Doing this in a chair will likely help you

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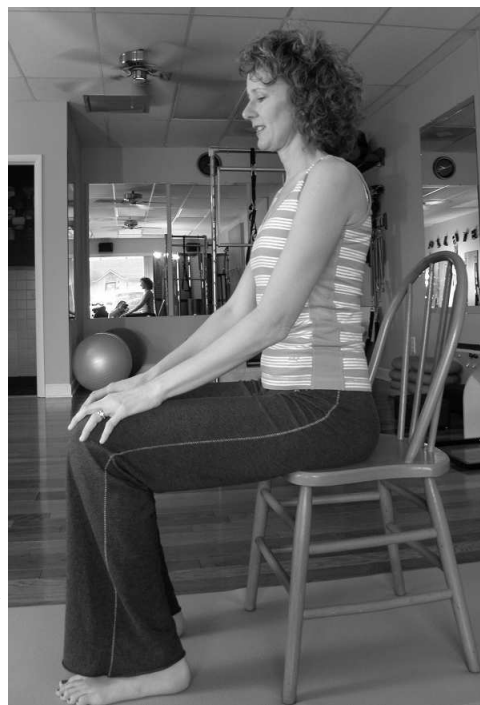


Figure 5: Finding your sitz bones.

Continued from previous page

see right away how the breathing and spine movement applies to riding. This is a fairly small movement allowing the internal muscles to activate first, while using just what you need of the external muscle structure. Again I have exaggerated a bit here so you can see the movement.

This is important as the internal muscles along the spine are designed to work at a low level all day long, whereas the external muscles are designed to work hard for brief periods of time. These exercises are not teaching your body anything new, rather they are reminding it how to move as it was designed to.



Figures 6 & 7: Moving pelvis in seated position

Next month we'll continue to build on these basic concepts. You'll see how to use this core awareness to move the arms and legs independently of the body – a requirement for soft, clear aides on our horses.

Happy breathing and riding in this wintery weather!

The first part in this series was in the December 2010 issue of TVDCTA Bits.

2011 CALENDAR OF EVENTS

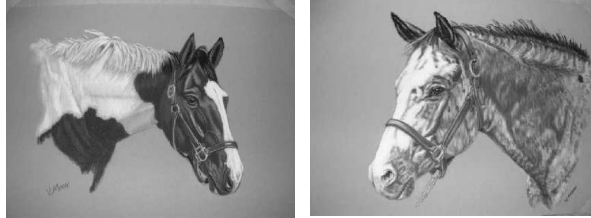
Jan 29	Chiropractor and Masseur at Steel Prize Stables. Please contact Judith Fiorentino for more information. 256-837-5474 steelprize@knology.net
Feb 26	Chiropractor and Masseur at Steel Prize Stables. Please contact Judith Fiorentino for more information. 256-837-5474 steelprize@knology.net
March 5-6	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 and Masseur at Steel Prize Stables. Please contact Judith Fiorentino for more information. 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
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

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.

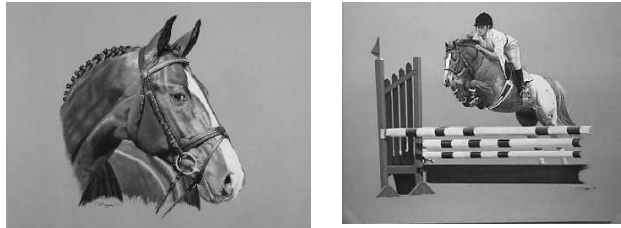
Classified Ads

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**.

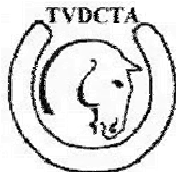
Mail to: **Paulette Harrell**, 3113 Hale Drive, Huntsville, AL 35805

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

Awards Banquet Jan 22 7PM. Port of Madison at Holiday Inn, 9035 Madison Boulevard, Madison, AL. (RSVP required by January 3rd; see page 3)

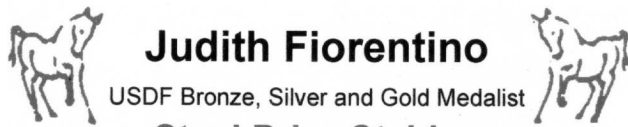


Tennessee Valley Dressage & Combined Training Association

Tic Tack
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Judith Fiorentino

USDF Bronze, Silver and Gold Medalist

Steel Prize Stables

Dressage

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<http://steelprizestables.com>

125 Christopher Dr
Madison, AL 35757

256-837-5474
Fax 256-430-0014

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.