

The Reader

CenterLine Dressage is a Group Member Organization of USDF. CLD members are automatically members of the United States Dressage Federation.

HORSE FAIR CANCELLED; CLD LILO FORE CLINIC BEING HELD

CLD is proud to present Liselotte (Lilo) Fore in a clinic held at StarWest Stables, 1736 South Farmingdale Road, New Berlin on February 29 – March 2, 2008.

CLINIC SCHEDULE

Please see page 15 or online.

Lilo Fore is owner of “Sporthorse America” in Santa Rosa, CA, where she has offered as many as six Champion stallions at stud at one time. Many national and international awards have been earned by dressage horses from her breeding program. Lilo has her FEI "I" judges license and has judged many CDI-W shows, qualifying international shows and USET Selection Trials. Lilo was involved with the USDF Instructor Certification program from its inception, is an Examiner for the program and is Chair of the Instructor/Trainer Council for USDF. She is also an examiner for the USDF Sport-horse breeding program. She has trained both horses and riders nationally and internationally. She frequently offers Dressage symposiums and clinics at her Sonoma County facility as well conducting clinics herself throughout the world.

Lilo grew up outside of Dusseldorf, Germany, where, at age four, she saw her first horse. Lilo says “...from that time on I knew that four legs, a mane and tail would be my life.”

She came to California in 1971 and bought, for one dollar, an injured three-year-old American Thoroughbred, Dionysus. Under her training, Dionysus not only healed, he ultimately became U.S. “Horse of the Year” in all national levels. The pair was selected for the USET short list in 1976.

Dionysus was only the first in a succession of Lilo’s many hard earned and ongoing accomplishments in this country. She is the winner of numerous

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CALENDAR OF EVENTS

(For more info on all events please see the CLD online calendar.)

February 29 - March 2

CLD Lilo Fore Clinic
@ StarWest
Contact: Alice Martin
alice.martin@mac.com
[form & further details on website]

March 1 - March 2

Horse Fair
@ Illinois State Fairgrounds
CANCELLED

March 29 & 30

CLD Jennifer Kotylo: Body Awareness & Riding Clinic
@ Pratense Farms
Contact: Paula Briney
paulabriney@aol.com
[form in Reader & online]

April 4 - 6

Col. Christian Carde Clinic
@ StarWest
Contact: Alice Martin
alice.martin@mac.com
starwestonline.net/clinics

national and international Horse of the Year awards for California, USDF and USET. She is continuously involved in many educational programs for Dressage trainers, teachers and judges throughout the U.S.

Auditors are encouraged, and may view all lessons at no charge. If you have any questions, please contact Alice Martin at 217/544-9400. Lunch is planned on site for Friday, Saturday and Sunday. For planning purposes, please let Pinky know (217/836-7317) if you are planning on staying at StarWest for lunch.



A dinner with Ms. Fore is planned for Saturday evening, March 1 at 6:00 PM at the Lake Pointe Grill 1386 Toronto Road, Springfield. Please sign up IN ADVANCE if you plan on attending this dinner. Reservations should be made with Pinky or at StarWest prior to Noon on Saturday.

2008 ILLINOIS HORSE FAIR OFFICIALLY CANCELED

Due to concern for public safety, the Illinois Horse Fair, scheduled for Feb. 29 – Mar. 2 at the State Fairgrounds in Springfield, has been canceled.

In a phone call Thursday afternoon (February 21) to Horsemen's Council of Illinois, Illinois Department of Agriculture Director Chuck Hartke explained that public safety issues associated with high voltage electrical distribution problems at the Fairgrounds prompted the State's decision to cancel all use of the state facilities for the event.

"Until the source of our electrical problems is determined, we will continue to proceed in a manner that ensures the public's safety," Hartke said. All events scheduled through March 2 at the Fairgrounds were canceled.

Vendors and exhibitors are being offered options for refunds or applying 2008 fees to the 2009 Illinois Horse Fair, March 6 - 8 at the Fairgrounds.

Thousands of dollars in advanced tickets already have been sold, according to Joy Meierhans, Horse Fair manager. Most ticket purchasers used a credit card through Pay Pal, and they will be offered refunds, Meierhans said.

"We're extremely disappointed by the cancellation," Meierhans said, "but the safety of more than 10,000 horsemen who annually attend our three-day all-breed expo is paramount. Sadly, there is not another location available that can accommodate the event."

"Attendees will miss their pre-season shopping this year with Horse Fair's more than 140 vendors, riders will miss opportunities to train with renowned clinicians, and more than 25 breeds and disciplines will not be able to present their distinguishing characteristics," Meierhans said, "but we'll be back next year with an even stronger program."

"Craig Cameron, RFD-TV's 'Defender of the Horse,' who was to be our lead clinician, already has accepted a contract for our 2009 event," Meierhans said. Also re-programmed into 2009 will be All-Breed Gaited Clinician Liz Graves.

MINUTES OF THE FEBRUARY 17, 2008 MEETING OF THE BOARD OF DIRECTORS OF CENTERLINE DRESSAGE

In attendance: President Tracey Walker, Paula Briney, Webmaster Martin Kuhn, Treasurer Kate Fleming-Kuhn, Reader Editor Pinky Noll, Alice Martin, Marilyn Weber, and, by phone, Vice-President Elena Voigt and Secretary Janet Fitch. The meeting was called to order at 3:45 by President Tracey Walker.

Treasurer Kate Fleming-Kuhn reported a treasury balance of \$22,743, essentially the same as in January. She also said that she had received membership fees from 5 people, one new membership and 4 renewals.

Old Business

By-Laws

Most of the meeting was devoted to a discussion of revisions to the club by-laws. Many issues and changes were discussed. It was decided that all board members should review the by-laws once more and send their suggested changes to Tracey. From these suggestions, a committee will help Tracey to develop a proposal for revised by-laws that will reflect changes in the club since the last revision in 2005. At the next meeting, the proposed revisions will be discussed, and the board will vote whether to approve the new by-laws.

Horse Fair

At this year's Horse Fair, February 29, March 1 & 2, CLD will have very limited participation due to restrictions placed upon us by the Horse Fair management. There will be a clinic/demo with Lilo Fore organized by Marilyn Weber for one hour from 11-12 a.m. on the Saturday of the Fair. We will also participate in a "fashion show" on Sunday that will present dressage show dress for both lower and upper levels of the sport. Marilyn and her student Christie Simpson will represent the club in this event. There will also be a narrative describing the clothes and the differences between dress for lower and upper divisions.

Lilo Fore Clinic

The clinic with Lilo Fore will be held at StarWest February 29, March 1 & 2. Lunches will be provided each day by Pinky Noll. On Saturday there will be a participant dinner with Ms Fore.

CALENDAR OF EVENTS
(For more info on all events please see the CLD online calendar.)

April 26
CLD IceBreaker Schooling Show
@ StarWest
Co-Managers: Marie Meadows and
Julita Kuzaminaite

**All
show
Prizelists at
centerlinedressage
.com/downloads**

May 2 - 4
Gerhard Politz Clinic
@ StarWest
Contact: Alice Martin
alice.martin@mac.com
starwestonline.net/clinics

June 28
Al Khamsa Dressage
@ StarWest
USDF/USEF Approved Show
Judge: Brian Ross, "S"
Manager: Debbie Mackie

June 29
Brian Ross Clinic
@ StarWest
Contact: Alice Martin
alice.martin@mac.com
starwestonline.net/clinics

July 5
CLD FireCracker
@ StarWest
Co-Managers: Marie Meadows and
Marly-Lou Flowers

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Academic Scholarship

Alice Martin has proposed an application form and process for the club’s newly approved academic scholarship. She, Janet, and Elena will meet to discuss the application and process during lunch at the Lilo Fore clinic.

“Clinic” on Filling out Forms

A mini clinic on filling out entry blanks (see the minutes of the January 2008 meeting) for any interested club members during the afternoon of the Pilates Clinic to be held at Praetense Farm March 29 & 30.

New Business

Education Day 2008

Paula Briney, who has been chairing the Awards Banquet for the past several years, suggested combining an Education Day event with Dr. Hilary Clayton with the Awards Banquet on the same Saturday in November. Paula also suggested that we might also move the banquet to Walnut Hill a 19th century stage coach stop and current bed and breakfast. The board asked Paula to pursue both these ideas with Dr. Clayton and Walnut Hill.

Next Meeting

The next meeting of the board will be at 3:30 p.m. at StarWest April 20. Kate Fleming-Kuhn moved to adjourn the meeting at 4:53.

Respectfully submitted,

Janet Fitch, Secretary

KOTYLO BODY AWARENESS/RIDING CLINIC

There are still a few spaces available in the Riding/Pilates clinic offered by Jennifer Malott Kotylo to be held at Pratense Farms in Chatham on March 29-30. Included in this Reader is an application to participate. The clinic will enhance your body awareness and assist you in recognizing the powerful impact subtle body changes can have on your effectiveness as a rider. Ms. Kotylo is a USDF Bronze and Silver Medalist, a Certified Core Dynamics Pilates Instructor, a Certified Equilates Teacher and a Certified Balimo Instructor. Riding lessons will be 45-minute sessions at a cost of \$85 per ride. Pratense Farms requires all riders under the age of 18 years to wear a ASTM hard helmet, and all other riders are asked to wear helmets, although they are not required. Riders must be current CLD members. This clinic will be filled on a first-come, first-served basis. Nine ride times are available each day. Overnight stabling is limited. Day stalls are available. Contact Paula Briney for additional information or questions at 652-1635 or email at brineypaula@aol.com.

Auditors are welcome at no charge. Box lunches will be available for all riders/grooms/ auditors for \$9.00 a day. Limited extra lunches will be available.

All club members are welcome to a pot luck supper at Pratense Farms on Saturday, March 29 at 6:30 PM. RSVP to Paula is appreciated.

Please return the enclosed reservation form promptly.

**Application
Form on Page 5**

Body Awareness Application Form

March 29 - 30

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Telephone: _____ E-mail: _____

Horse: _____ Level of Horse: _____

CLD Member (circle one) **YES** **NO**

Saturday: AM _____ PM _____ (\$85 per day)

Sunday: AM _____ PM _____ (\$85 per day)

Stabling: Day(s) _____ Overnight: _____

Auditing Only (circle one or both)

Saturday Sunday

Box Lunch (circle one or both)

Saturday # requested (\$9 each) _____

Sunday # requested (\$9 each) _____

I hereby agree to release, indemnify and hold harmless CenterLine Dressage, Pratense Farms, and USDF, its instructors, officers, directors, agents and volunteers from and against any and all loss, liability or damage arising from or because of, or in connection with, participation in this activity or related activities. I also hereby agree to release, indemnify and hold harmless the activity management, event committee and members, officers, directors, agents, and volunteers from and against any and all loss, liability or damage arising from or because of, or in connection with participation in this activity or related activities.

Signature: _____ Date: _____

Total amount enclosed: \$ _____

Checks payable to CenterLine Dressage. Form with check to hold ride times. Directions to the farm and ride times will be sent out the week before the clinic.

Please return form and fees to:

**Paula Briney
#10 Hawks Nest Dr
Chatham, IL 62629**

USDF OFFERS CLUB POINTS FOR SHOPPING

USDF announced a program that offers GMOs and Intercollegiate/Interscholastic Organizations (IMOs) the opportunity to earn club points when they shop in the USDF online store.

GMOs and IMOs earn points by encouraging members and members' families and friends to shop online at www.usdf.org for merchandise.

When submitting an order, the shopper simply enters the code for the GMO or IMO they would like to receive the points using the new online shopping cart.

Points can then be redeemed by an official of the GMO or IMO, at one dollar per point, to buy merchandise in the USDF store for year-end awards, their educational library or as prizes and silent auction items to raise money for their club.

So, let's get organized and take advantage of this opportunity. The GMS code for CenterLine Dressage is 201. Use

it every time you shop at USDF, and CLD will be able to obtain products for year end awards and the like!

Tentative Pilates Schedule (Saturday & Sunday)			
8 - 9 AM	Pilates Warm-Up Session	Noon - 1 PM	Lunch
9:30 - Noon	Riding Lessons	1 - 5 PM	Riding Lessons

NOTES FROM COLONEL CHRISTIAN CARDE

(Last month, we printed the first half of CLD board member and dressage enthusiast Janet Fitch's copious notes taken during Col. Carde's prior clinics at StarWest. The following is the second of the two-part series. We have no doubt that your interest in Col. Carde will be heightened by your reading. Do note that Col. Carde will be at StarWest during 2008 in April and October, as noted on The Reader calendar.)

IV. Movements

A. Haunches-in (travers)

If the rhythm is not steady, decrease the angle of the shoulder-in or haunches-in. The rider must be careful in the earlier training not to be too demanding in the angle. As the horse develops, then we can very gradually open the angle, never more than 45 degrees and ideally at 37.5 degrees. If at any time the rhythm is lost, decrease the angle of the movement.

Exercise: Do haunches-in on a large circle. On a circle to the left, ask for flexion to the left, then move into travers on the circle. Travers has flexion in the direction of movement than haunches in, but there is less angle in this exercise than in the actual haunches-in. Be sure to use the outside rein to keep the horse's head and neck from getting too low.

Haunches-in is the best preparation for the half-pass.

B. Half Pass

Half Pass, whether in trot or canter, should be a more forward than sideways in movement. It is the movement in which the horse has the most mobility. It is imperative to prepare by getting the best possible flexion before asking

for the half-pass. Haunches-in is a good preparation for the half-pass. The rider should use the weight and direction of the body into the direction of movement, using the hands to guide the horse. Both hands can move in the direction of movement. Maintain contact on the outside rein. The outside rein should be low and near the top of the wither; the inside rein should be shortened and low. If the horse tips his nose, lowering the inside hand will help to straighten it. The rider's hands should be forward and lower when things are going as they should. However, do not allow the head to get too low. Lift the outside hand to raise the head.

Les Cardismes

"It is the downward transitions that give expression to the horse's movement."

"If we try to force a movement, we are wrong. We must find the way to help the horse understand what we want him to do."

Exercise: To begin the half-pass, the rider establishes an active collected walk on the rail, then lifts the hands slowly with each step collecting, collecting, collecting until the horse himself begins to pick up his feet in diagonal pairs. The same exercise can be done starting from the extended walk.

Exercise: Do an 8-10 meter circle in the corner; start shoulder-in, then move into half pass. Do not progress from one step to the next until you have attained the proper flexion. If at any time you are losing flexion, go immediately back to shoulder-in. When you have re-established the correct flexion, return to half-pass.

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Exercise: On a large circle, move the haunches out to move mostly sideways, and then do shoulder in. The inside rein should be shorter to maintain the flexion. Then move into half-pass. If you lose the flexion, go back to shoulder in.

The canter half pass zigzag should be approached progressively. At first, very little side to side movement should be required.

C. Counter Canter

When the horse evades counter canter by changing canter lead on his own, the rider should use the inside leg to keep the horse from moving his haunches out (moving the haunches out makes it easier for him to change).

Exercise: To make the counter canter easy for the horse, start in right lead canter on the rail, turning right at A or C, do a few strides, then turn to the right and continue along the next rail. The horse will be in counter canter. Continue around the arena returning to A or C, where the first turn down the centerline occurred. Turn down the centerline and go left returning to the track, and the horse will be back on the original canter lead. After a brief break stretching the horse, repeat beginning on the lead opposite the one you used for the first execution of the exercise.

Exercise: Start in counter canter approximately on the rail, but cutting the corners to make it easier for the horse. The rider should sit slightly to the left for right counter canter and to the right for left counter canter. Turn down the centerline and turn right and do a short diagonal to the rail where the horse will be on the normal canter lead.

D. Walk pirouette

In the walk pirouette it is important to get as much elevation as possible, using the hands to lift the head and shoulders. To keep the head from getting too low, use the outside rein

to lift the head and neck. Use the inside rein lower to create the proper flexion. Move both hands in the direction of the movement, and do not let the horse's head get too deep.

E. Changes of lead

Achieving a good change of lead first requires the necessary preparation. To get a good change, first improve the quality of the canter by suppling and riding transitions from walk to canter and back. The more forward and long the stride before the change (always maintaining good balance), the prettier and more expressive the change will be. When riding flying changes, be sure to lift the hands for collection, rather than pulling back on the reins, which will stop the necessary impulsion. Lifting the hands also helps the horse's balance. In the changes, keeping the horse's canter slow will help the rider to control the horse's balance and will allow the horse time to move the feet, especially in the "twos" and "ones."

Exercise: Walk on a large circle. Do many transitions from walk to canter to walk. When the horse can do the transitions smoothly and in balance, on both leads, he is ready to learn the changes.

Exercise: Canter to C or A; half pass to the rail; change bend; then, ask for change of lead.

Exercise: On a circle, pick up a lead and bend in counter flexion, walk, immediately pick up the lead matching the flexion. Continue the circle, change the flexion, walk, and immediately pick up the new lead matching the flexion. Repeat several times with each lead. Be sure to allow the horse to stretch down after 2-3 repetitions. This is easier for the horse because the proper flexion for each lead is established before asking for the new lead. Eventually, you can ask for the change of lead without the walk steps.

Exercise: Canter on a 20

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meter circle. Prepare changes left to right and right to left, being sure to change the flexion before asking for the new lead. When the horse seems to be doing this well, make a change every 5 strides, then every 4. If the horse seems to be handling this well, move to the diagonal of the arena and ask for a change every 3 strides. When the “threes” seem to be confirmed, try the “twos” and finally the “ones.”

F. Piaffe and Passage

The necessary conditions for piaffe and passage are suspension (bounce). It is usually advisable to school passage from the ground at first. The colonel himself, starts training a horse in piaffe and passage in hand. The advantages of this method are that the horse need not deal with the weight or movement of a rider in the saddle. Also the rider working with the horse on the ground can see how the horse is progressing and if he is understanding the movement. After working in hand, the colonel puts a rider on the horse and continues working the horse in hand (the horse learns to do the movement with the weight of the rider). Only then does the Colonel get on and train from the saddle. Active trot-walk, rein-back – trot, and trot-medium trot transitions build the passage and piaffe. The whip, rather than the leg, should be used to maintain activity, so that the horse does not become dead to the leg aids. It is very important to keep the haunches from moving to the inside. Straightness is necessary for all training for the piaffe and passage.

1. Passage

Exercise: On the rail, begin with an active collected trot, and then slow the cadence. Train only 5-6 steps in hand then reward the horse.

Les Cardismes

“I am against fighting with the horse.”

“Nothing can come from laziness.”

“If we don’t have control, we must have ideas” (Especially with young horses).

The cadence must be slow but active. Each horse has his own cadence and should be allowed to develop it.

For a stiff, short-coupled horse, the grande passage (larger movement) is often better.

Exercise: Passage should be developed from the trot. Establish a collected, but active trot on the rail. Lift the hands briefly. Repeat until passage occurs. When you are doing this, it is imperative to begin with activity. Half-halt, then get the passage and after a few steps (2-3) go forward into medium trot.

Exercise: Begin in medium trot on the rail then slow, slow, slow maintaining activity, until the gait approaches passage. Alternate steps of slow active trot with medium trot.

This exercise also improves the quality of the medium trot.

Exercise: On the rail establish an active collected walk, then lift the hands to get the greatest possible elevation of the neck and head, then try for one very slow step.

2. Piaffe:

In piaffe, the main problems are caused by a lack of activity and/or calmness. When training piaffe, do only 2-3 steps then go forward immediately into medium trot. This keeps the horse from losing that necessary activity.

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Most training of the piaffe occurs on the rail. The secret of piaffe is in acquiring and preserving lightness of the shoulders and forehand to match the lowering of the haunches. It is also imperative to keep the horse straight. A slight flexion to the inside helps to keep the hind quarters from moving to the inside. When training the piaffe, do not do too many steps and upset the horse. If you need to put more suspension, “bounce,” into the piaffe, put the reins in one hand and use the whip to reach behind and tap the horse on the croup in rhythm with his cadence. The whip, rather than the leg, should be used to maintain activity, so that the horse does not become dead to the leg aids. It is very important to keep the haunches from moving to the inside. Straightness is necessary for all training for the piaffe and passage.

The first steps toward piaffe are called the half steps. The following exercises move the horse and rider from trot to piaffe.

Exercise: On the rail, alternate an active trot to halt to trot.

Exercise: Alternate trot and halt on a circle to improve the elevation of the gaits. Or on the circle alternate almost medium trot with very slow trot. Ride with your shoulders back, even behind the vertical, as part of the slowing.

Exercise: Move from half steps to collected trot. The cadence should remain approximately the same. When doing the half steps, go as slowly as possible.

Exercise: From the collected walk, slow, slow, slow by lifting the hands, maintaining activity. As soon as the horse makes a diagonal movement, the rider should ride forward. To keep activity, the rider can take the reins in one hand to maintain a steady contact and take

the whip in the other to use it on the top of the quarters in a slow cadence. When the horse is maintaining activity, the rider can take both reins

and continue.

G. Canter Pirouette

The “secret” of the canter pirouette, when the horse is physically and mentally ready for the movement, is the coordination between the horse and rider. The rider’s inside leg is at the girth and the outside leg asks for the canter in rhythm with the canter stride. The rider must lift the horse’s shoulders with every stride (raising both hands momentarily), while keeping the activity of the canter with the inside leg. As is the case for all collected movements, the more collection the rider asks for, the further back her shoulders should be. In order to provide the lateral flexion needed for correct pirouette, the rider’s hands should move in the direction of the movement. When you train the walk and canter pirouettes, “you must dare to go slower and

CALENDAR OF EVENTS

(For more info on all events please see the CLD online calendar.)

July 6

Melanie Michalak Clinic
@ StarWest
Contact: Alice Martin
alice.martin@mac.com
starwestonline.net/clinics

July 11 - 14

Gerhard Politz Clinic
@ StarWest
Contact: Alice Martin
alice.martin@mac.com
starwestonline.net/clinics

July 26

Sir USET Benefit
@ StarWest
Contact: Alice Martin
alice.martin@mac.com
starwestonline.net

August 22 & 23

CLD Classic I & II
@ IL State Fairgrounds
USDF/USEF Approved
Judges: Kay Meredith & Michael Kierkegaard
Manager: Elena Voigt
[prizelist online]

September 5 - 7

Gerhard Politz Clinic
@ StarWest
Contact: Alice Martin
alice.martin@mac.com
starwestonline.net/clinics

September 18 - 21

USDF Region 2 Championships
@ Paxton Farms

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slower.” It is sometimes useful for the rider to carry the whip on the inside to cue the inside hind leg to leg to come forward for the first canter step.

There are two ways to train the canter pirouette, spiraling in on the circle and preparing the canter using walk pirouette.

Exercise: Begin by spiraling in on a circle at a collected canter. When the circle is small and the gait is “slow,” take the shoulders around to the inside with both hands in the direction of the movement. In the beginning start on a 10-meter circle and spiral in until the horse is having difficulty maintaining the gait, then spiral out again. Continue with this exercise over a period of time that will vary for each horse and rider and the horse will eventually have the strength to do the canter pirouette.

Les Cardismes

“Activity is the gas in your engine. When the horse is active, he is working.”

“Every movement of the shoulders around the quarters is an opportunity to lift the horse’s shoulders” for more collection.

Exercise: Another exercise is to begin with the walk pirouette. Start a walk pirouette on a circle of about 4-5 meters. When the horse is in the proper flexion and head not too low, then ask for the canter with outside leg, being certain to keep the inside rein shorter to maintain flexion and the outside rein a bit higher to keep the head and shoulders up. The rider’s upper body should be carried farther

back than usual to weight the hind quarters. The rider’s inside leg helps keep the activity going. The rider should carry the whip in the inside to

be able to use it to activate the inside hind leg for the canter. At first, getting 1 or 2 steps is enough, then praise the horse and give him a break. The important thing for the rider is to keep all the aids coordinated.

H. The Changes

If the horse changes late behind, practice going from canter to counter canter. If the horse is not sufficiently forward, you can do changes from medium canter.

Exercise: Canter left on big circle, establish bend to right. Then, change to right lead and continue. Then do then opposite.

This is harder for the horse, but it makes for a better change. There is no chance for the change to be late behind.

Exercise: Begin a 20-meter circle in counter canter. Change flexion, and then change the leg. Keep the canter forward and try to maintain a constant cadence.

I. Problem-solving

1. When the horse slows down on his own.

Warm up with many upward transitions. Do 2-3 strides slow, then forward. First create activity, then slow down.

2. When the horse is resisting lateral flexion, the rider should

CALENDAR OF EVENTS

(For more info on all events please see the CLD online calendar.)

September 20

Al Khamsa Fall Dressage
@ StarWest
Judge: Janet Curtis
Manager: Debbie Mackie
[prizelist online]

September 21

Janet Curtis Clinic
@ StarWest
Contact: Alice Martin
alice.martin@mac.com
starwestonline.net/clinics

October 10 - 12

Col. Christian Carde Clinic
@ StarWest
Contact: Alice Martin
alice.martin@mac.com
starwestonline.net/clinics

December 3 - 7

USDF Annual Convention
@ Denver, CO

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shorten the inside rein and hold the inside hand lower than the outside rein.

Les Cardismes

“The way of balance is the only way.”

“What is clear in the rider’s head will be clear in the horse’s head.”

“The horse is always right, and sometimes we are wrong.”

“You achieve your goal when you slow down.”

3. When the horse uses too much direct flexion (or going too deep with the head)

When a horse uses over-flexion of the poll to evade the effect of the bit. Prevention: it is important when working with a young horse to do lateral flexion before direct flexion. Lifting the head alternately with each hand helps keep the horse from becoming too deep (direct flexion). Another technique is to push the reins forward. Don’t hesitate to lift the hand to open the angle of the flexion. Another technique is to raise the reins high and walk or trot on a circle; then give more and more rein to allow the neck to go down. Another technique is for the rider to ride with the hands forward and high on the neck. For such a horse, it is a good idea to start the canter with the neck stretched out a bit and then slowly collect the canter.

The following exercises can also be done on a large serpentine as well as the circle.

Exercise: In each gait, work on a circle first asking for the horse to be on the bit and then stretching. Alternate within each gait.

Exercise: On the circle push the

quarters out a bit to help the lengthening of the neck. At the same time, move the horse’s head to the inside.

4. Problems with lateral work

When training lateral work you need to shorten your reins so as not to pull back when trying to bend. When the horse shows resistance in the half-pass, do some shoulder-in. Make the inside rein shorter to keep the flexion, but the rider should have almost equal weight in both reins. If necessary (the ears are tilting), use the outside rein to lift the neck and keep the horse from tilting the head.

Exercise: Start on a circle, and then push the quarters out while bending the neck. Follow with stretching down and going forward. Do some with the quarters in (e.g., on the left track, move quarters to the left; lift the outside rein to lift the head and neck). Again, follow with extension while keeping contact.

5. When the horse is fussy with the mouth and plays with the bit, the rider can take the reins in one hand and rest the hand on the neck in the walk. It takes constant soft contact to keep the horse from playing with the bit.

6. When the rider has trouble sitting the lengthened trot.

Post until a correct lengthening has been achieved, then try to sit one or two strides. As the rider grows more able to sit, she can sit more and more strides. If she feels herself stiffening, she should again rise in the trot for a few strides. This keeps the rider from becoming stiff and allows the relaxation that will allow her to increase her ability to sit the trot.

7. When the horse travels with the hind legs trailing behind him as a result of conformation, use exercises that move the hindquarters.

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Exercise: Movement on two tracks on a circle. The front feet are on the circle and the haunches are to the inside. On the circle alternate leg yield and shoulders-in. Avoid movement around the shoulders.

Exercise: The half-pass can be even better than the shoulders in for working with such a horse. On a large circle, do half-pass moving the shoulders around the haunches and keeping the front legs on the circle. The exercise can be done at the walk and trot. The rider uses the outside rein to move the shoulders and lifting if the horse's head goes too far down.

The rein back should be a useful exercise as long as the horse does not fall on his shoulders during the movement.

I. Working with Young Horses

In a young horse, we are looking for free and forward movement and slow, regular strides. We want the horse's strides to be long and slow, not short and quick. As always, activity must precede everything else.

When working with a young horse, the rider should ask the horse to do only a very few things, but to do them perfectly.

During work, the rider should be careful to stretch the horse down and go forward frequently and to give the horse frequent walking breaks.

When riding a young horse, take soft contact with the mouth almost immediately so that the horse does not get into the habit of playing with the bit. If we establish constant light contact, the horse will go to the contact, and he will follow the rider's hand up, down, left, right.

It is a good "trick" when riding a young horse for the rider to rest her hands on the horse's neck to help get steady contact. The rider should not allow the young horse to change the angle of the head and neck on his own.

When the rider wishes to ask the young horse to move over, she should wait until the front leg on the side of the desired movement is back. That means that the back leg is about to move forward, this is when it is easiest for the horse to move sideways in the side of that leg.

Our aim is to have a horse that is "together."

Exercise: A good exercise for the young horse is to make trot-canter transitions on a 20-meter circle.

J. Some useful comments:

To keep the horse on the bit, keep the inside rein short and low. If the horse is heavy on the inside rein, there is not enough engagement of the hind legs.

USDF ANNOUNCES ADDITIONAL MEMBER BENEFITS

Members of USDF just need to log in at www.usdf.org to gain even more benefits from their annual membership. When members log in, they can take advantage of the new site and update their own profile, check scores and obtain information pre-sorted for them based on their home region, as well as access breeder and owner information on horses, access all the USDF dressage tests, free as downloadable documents, and renew their membership with the click of one button.

Any inactive member or person with a USDF non-member number can create a log in and utilize features unavailable to those not logged in such as updating their own profile, checking scores and obtaining information pre-sorted for them based on their home region.

**Concluded
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Anyone can join USDF or obtain a non-member number without logging in. Once an individual's number has been issued, they are then eligible to create an online account to access the features requiring a log in.

"We will continue to add more services and benefits to the site to make it easier and faster for our members to get what they need to compete, learn and get involved," states IT Director Chad Compton.

In addition to services, USDF plans to begin adding educational content, including articles from the popular USDF Connection magazine, for members only.

USEF ANNOUNCES 2008 DRESSAGE YOUNG HORSE TRAINING SESSIONS

The purpose of the USEF Young Horse Dressage Training Sessions is to identify and develop top equine dressage talent in the United States for a future career at the FEI level and international competition on U.S. Teams. Mirroring the existing High Performance development programs, horses should be actively training and competing and therefore may be invited to participate in training sessions with the aspiration of their participating in the 2008 Markel/USEF Young Horse Dressage Program (FEI World Breeding Championships Selection Trials and National Championships). These training sessions will be conducted with the USEF Young Horse Dressage Coach, Mr. Scott Hassler.

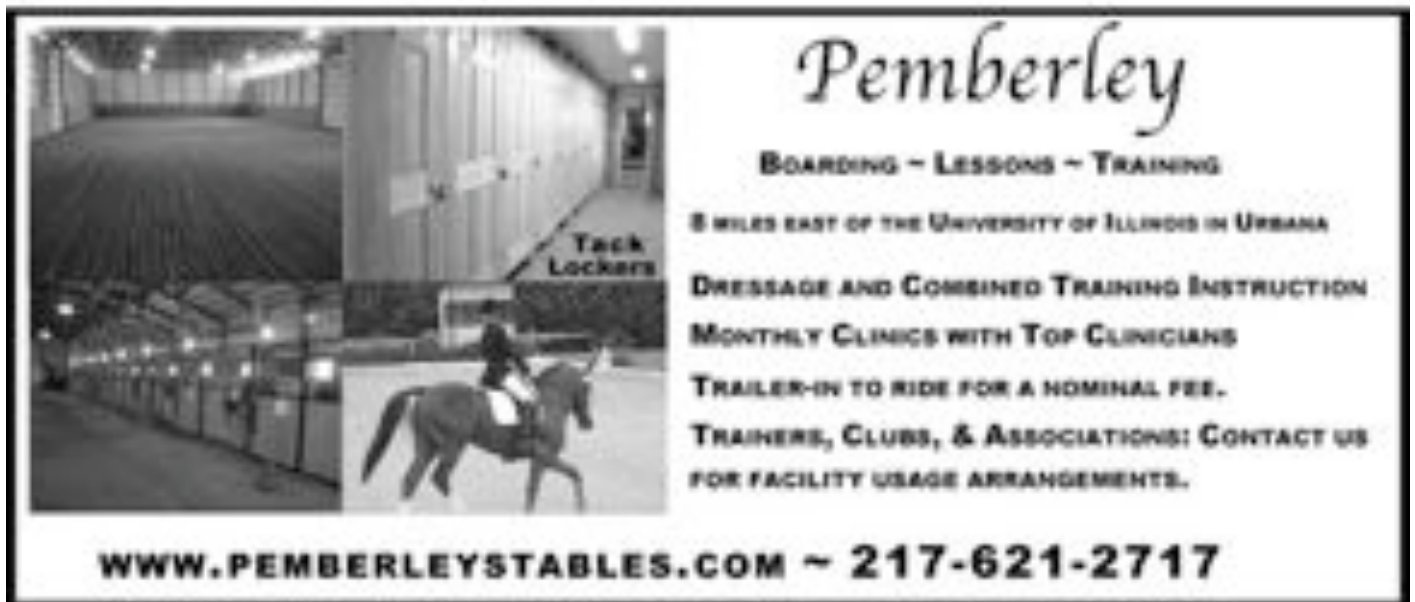
Official training sessions for 2008 will be held on the following:

Monday, March 17th - Wednesday, March 19th at the South Show Grounds of the Palm Beach International Equestrian Center, Wellington, Florida;

Tuesday, March 25th - Thursday, March 27th at the L.A. Equestrian Center, Burbank, California

Participation in these training sessions is by INVITATION ONLY. All interested parties MUST submit an application (deadline: February 27, 2008). Please visit this link for more information and to download an application:

www.usef.org/_IFrames/breedsDisciplines/discipline/allDressage/YHTrainingSessions.aspx



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Reader Page Ads	Full Page	\$50 Non-Member	\$25 Member
	Half Page	\$25 Non-Member	\$12.50 Member
	¼ Page or Less	\$12 Non-Member	\$6 Member
Photographs (original preferred) can be included in your ad. They can be black and white or color, but they will be black and white in the printed READER. Page Ads Up for 1 Month			
Reader Classified Ads	50 words or less	\$5 Non-Member	\$3 Member
	Additional 25 words	\$2 Non-Member	\$1 Member
No Photographs Classified Ads Up for 1 Month			
Web Advertising	Basic Classified Web Ad included in any Reader Package! See online for more details.		

DRESSAGE TRAINING ONLINE OFFERS THE 2007 FEI LEVEL TRAINER'S CONFERENCE ONLINE

DressageTrainingOnline.com, the exclusive Internet host partner to the USDF, currently has the 2007 FEI Level Trainers' Conference available in its entirety online. The conference was hosted by Swedish star Jan Brink. Jan has been to numerous world championships, including the Olympics, WEG, World Cup's, and all of the top international shows.

The training incorporates horse and rider teams of all levels, from the young horse to those working at Grand Prix, and features Jan training and riding. In addition, there are 3 educational sessions, Succeed discusses equine digestion, Schleese Saddlery does a saddle fitting presentation and Jan Brink shares his views on how to have a happy horse and a happy athlete.

DressageTrainingOnline.com will also feature the Adequan/USDF Convention in its entirety which will be available online at the end of February.

DressageTrainingOnline.com is a unique online training tool where dressage riders can see international judges, judging tests, movement by movement, score by score with full commentary. In addition, there are over 130 training sessions developed by some of the most elite trainers and riders from around the world.

Dressage Training Online offers an effective, convenient and low cost (a one-month membership is only \$36.) training method. DressageTrainingOnline.com also offers a free monthly newsletter, which includes clips of new videos, and informative educational segments. Visit www.dressagetrainingonline.com for more details.

CENTERLINE DRESSAGE - LILO FORE CLINIC FEBRUARY 29-MARCH 2, 2008								
Friday, Feb. 29, 2008			Saturday, March 1, 2008			Sunday, March 2, 2008		
Time	Rider	Horse	Time	Rider	Horse	Time	Rider	Horse
9:00 AM	Briney	Faramon	9:00 AM	Klamen	Lerro	9:00 AM	Kellner	Paladin
9:45 AM	Fleming-Kuh	Levant	9:45 AM	Kellner	Paladin	9:45 AM	Briney	Faramon
10:30 AM	Briney	Chambor	10:30 AM	Kuhn	Kelly	10:30 AM	Porter	Lionheart
11:15 AM	BREAK		11:15 AM	BREAK		11:15 AM	BREAK	
11:30 AM	Kellner	Paladin	11:30 AM	Fleming-Kuhn	Vianna	11:30 AM	Briney	Chambor
12:15 PM	LUNCH		12:15 PM	LUNCH		12:15 PM	LUNCH	
1:15 PM	Kuhn	Rubinstar	1:15 PM	Kuhn	Kelly	1:15 PM	Klamen	Lerro
2:00 PM	Porter	Lionheart	2:00 PM	Porter	Lionheart	2:00 PM	Fleming-Kuhn	Levant
2:45 PM	Klamen	Lerro	2:45 PM	Kuhn	Rubinstar	2:45 PM	Kuhn	Rubinstar
3:30 PM	BREAK		3:30 PM	BREAK		3:30 PM	BREAK	
3:45 AM	Fleming-Kuh	Vianna	3:45 AM	Fleming-Kuhn	Levant	3:45 AM	Fleming-Kuhn	Vianna
			6:00	DINNER AT LAKE POINTE GRILL 1386 Toronto Road, Spfld. PLEASE MAKE RESERVATION WITH PINKY OR ALICE				

DEADLINE FOR READER ITEMS



Items for publication or inclusion in the READER should be received by the editor by the 15th of the month. Items for THE READER, activity forms, etc should be sent with a check for the charges, if any, to:

THE READER
c/o Pinky Noll
1190 Williams Blvd.
Springfield, IL. 62704

