

THE READER

CenterLine Dressage is a Group Member Organization of USDF founded in 1972. CLD members are automatically members of the United States Dressage Federation.



Letter from the President

by Judy Nordstrom, President

July is here and I am trying to savor every moment of my favorite time of the year. I love seeing fireflies at dark and hearing crickets and frogs chirping away. Not having to wear three or four layers of clothing before walking out the door is glorious and, best of all, is that we get sunlight until almost 9:00 pm! I sure wish summer lasted longer...

Classic I and II, held on June 25-26th, has wrapped up and high point results can be found in this Reader with all results online. We had a full and successful show and we are very grateful! Of course this wouldn't be possible without the many volunteers that help make our show a success every year. First and foremost I am speaking of our show manager, John Simpson. Thank you for the time and effort you put forth to make sure our show goes off without a hitch! You and all of our volunteers are appreciated! We could not do it without the scribes, ring stewards, safety officers, and countless others that selflessly volunteer their time to help support our show.

Lilo Fore gave a two-day clinic after the show at StarWest. I, for one, was lucky enough to be able to ride with this legendary master horsewoman. Her focus in my lesson was keeping a soft, elastic connection with the horse and keeping the horse's neck straight in front whether you are going on a straight or curved line. A crooked horse cannot travel in balance. I found her to be demanding but kind and so full of wisdom. I hope to be able to ride with her again in the future. A big thank you goes to Alice Martin for preparing lunch both days for the clinic attendees and riders.

HEADLINES

- ◆ PRESIDENT'S LETTER
- ◆ LILO FORE CLINIC ARTICLES
- ◆ WE ARE ALL AMBASSADORS
- ◆ CLASSIC HIGH POINT RESULTS

CALENDAR

- ◆ CLD FIRECRACKER SCHOOLING SHOW
JULY 9
@ PRATENSE FARMS
- ◆ AL KHAMSA SUMMER MEETING
JULY 10
@ KIRBY DRENNAN'S, VIRGINIA IL
- ◆ CLD BOARD MEETING
AUGUST 13; 2 PM
@ STARWEST LOUNGE
- ◆ KIRKWOOD DRESSAGE SHOW
AUGUST 20-21
@ NATIONAL EQUESTRIAN CENTER LAKE ST. LOUIS, MO
- ◆ BETSY STEINER CLINIC
SEPTEMBER 2 - 4
@ PRATENSÉ FARMS
- ◆ REGION 4 CHAMPIONSHIPS
SEPTEMBER 8 - 11
@ MASON CITY, IA

Letter from the President

.... *concluded*

Our FireCracker schooling show will be held this Saturday, July 9, at Pratense Farm in Chatham.

Last but not least I'd like to wish CLD member Jenna Upchurch the best of luck at this year's North American Junior Young Riders' Championships being held at the Colorado Horse Park July 26-31. We are all cheering for you and know that you and Ozzie will do well! She is accepting donations: gofundme.com/roadtolorado

Judy Nordstrom

President, CenterLine Dressage



CLD member Jenna Upchurch and Greystoke of Region 4 is currently the highest placed junior in the country.

CLD Education Days - Lilo Fore Clinic from a Rider

by Rachel Hill-Jordan

The Lilo Fore clinic started at 7:00 on Monday June 27, 2016. It was extraordinarily hot for the end of June. I was the second ride of the day at 7:45. As I walked out to the arena on my already moist horse, I took in the absolute beauty of the facility. StarWest's outdoor arena resembles a top notch show ring. The footing is bright white, you are surrounded by gorgeous rolling hills and turn out paddocks. It was a beautiful setting for a clinic.

Lilo approached and asked me about my horse as well as myself. I answered with a shaky voice, "This is Ditto, an Oldenburg-Friesian cross." After all I was speaking to one of the highest ranked judges in my sport! I have an incredible amount of respect and admiration for her. She instantly set my nerves at ease by boasting about her Northern California weather. She stated that this heat and high level of humidity was not her norm. As she sat in the judges box, she told me to start warming up the way I usually ride. I start with rising trot, getting his hind legs to wake up a bit and getting him long and over his back. She immediately commented on my left rein as I was tracking right. "Your left hand is restricting his left shoulder" she chirped. Lilo was not sugar coating anything. Being a professional rider, I really appreciate



CLD Education Days - Lilo Fore Clinic from a Rider

continued...

an honest clinician. I instantly clicked with her style.

Starting in shoulder-in right, I worked on achieving bend without restricting Ditto's outside shoulder. I was required to ride the movement precisely the way she wanted. If I put a finger out of place, Lilo had me restart the movement. My left hand and arm must have been on holiday Monday morning because they were not cooperating one bit. In shoulder-in right I am to ride straighter through Ditto's neck without restricting with the left rein. I was reminded again not to hold on the left. I gave on the left, wrong, I took it back. "You are hanging left again!" She belted. So I firmed my abs and rode him more forward into both reins, I held the left for a mili second then released my elbows slightly. The next thing I heard was "YES! BEAUTIFUL Rachel!"

Once we had our way through both shoulder-ins, it was on to the half passes. I started by maintaining the bend to the left through the corner and up centerline. Ditto was trying to get behind my leg (slow his tempo and become a bit stagnant). Lilo called out "Forward! You can not create cadence if you don't ride forward to the bridle." I had to bang him with my calf a bit to motivate him to push into the bridle. I probably would not have had to motivate him in such a loud manner if my very stubborn left hand had not been so insistently naughty. Of course, in my mind I sigh and think, here is another thing to add to my list of things to work on while in the saddle. The left half pass was coming along fairly well, I thought. Next thing I know she's belting out "Great, Rachel, very well ridden!"

I am trying not to lose my concentration after the compliment. I am completely elated that Lilo thinks I am riding well! We did a few more half passes each direction. She had me circle and start over if I wasn't precisely where she wanted me or Ditto. The right half pass seemed effortless, he was staying bent and traveling forward up into the contact. Ditto was really working hard for me.

Then we are off into canter work. Yay, I thought to myself. I absolutely love Ditto's canter, it is incredibly comfortable. I rode shoulder fore each direction. Lilo minded me about my delinquent left hand to not restrict him while cantering right. To assist in getting the canter, she wanted, Lilo said "Think in collected canter that the horse sinks down behind the saddle and the front end pops up to release the energy."

As we step into the canter half passes I can feel Ditto's hind legs firing like pistons under me. What power he is starting to have! Lilo remarks that she really likes this horse and he has a great hind end. We moved on to some flying change lines. She noticed I was resisting on the left rein. We moved the changes onto



Author Rachel Hill-Jordan aboard Ditto during the Lilo Fore Clinic

CLD Education Days - Lilo Fore Clinic from a Rider

continued...



Author Rachel Hill-Jordan aboard Ditto during the Lilo Fore Clinic

the changes onto the quarter lines instead of on the diagonal to better focus on straightness. This helped a lot. I was able to keep a better line and stay parallel to the long side. It also raised a huge red flag when my left hand started restricting him.

By this point Ditto was panting pretty heavily. She thought we had done enough for the day. After all it was only 92 degrees with 80% humidity. She told me I had a great feel and Ditto was a super cute horse that will go far.

Tuesday morning I was pumped for my ride. I had all but memorized the video of my lesson from the prior day. I was determined to make progress in today's lesson.

Again I started on a stretching frame to get Ditto loosened up. Poor guy was on day number five of hard riding as the Classic shows immediately preceded the

two days of clinic. Ditto is an extremely stoic and tolerant horse so I always keep a close eye on him in this heat.

Once warmed up we started on five meter turns in the canter. The exercise is, canter down the long side and collect the canter before the corner. In the corner turn the horse onto the quarter line. You then ride the quarter line and turn the same direction onto the wall. So you make 5m turns then straight on the long side or quarter line. It's quite difficult for the horse and rider.

Ditto was not wanting to participate in this exercise, he did two turns that were pretty balanced and rhythmic. Lilo let me know that I was doing eight meter turns not five. Oops! After I was corrected, I then corrected the geometry and Ditto found it much harder. A little help with my voice, a touch of the whip, and we got it! The feeling was like no other, his haunches dropped and his front end almost had a rearing feeling. I was thinking to myself how far this horse had come since I purchased him seven short months ago.

We re-visited the changes that we worked on the day before. Lilo commented that there were improvements in straightness. She also told me to stop half halting on the new outside rein when doing the changes in a series. I am to half halt on both reins. It should be more like, "Hello! Wake up! We are going to change now." This method allows me to be faster in my aids. As the trainer, I should always have an even contact on the reins. This also improves the straightness and keeps my over eager left hand even with its significant other.

All in all I had two very educational rides, as well as I got to watch the always lovely rider, Kate Fleming-Kuhn, have her FEI lessons. I learned a great deal watching her school the piaffe and mediums that will impact my own FEI training horses. I want to add a special thank you to CenterLine Dressage, Alice Martin and everyone at StarWest for hosting an incredible educational opportunity.

We Are All Ambassadors

by *Claudia Nissley*

We are a very fortunate group indeed – having access to or owning beautiful horses that are measured by levels of competence as reflections in training. Dressage is not a simple sport to understand, to excel in, or to achieve the highest levels. It takes years of training, practice and expert help from trainers and coaches. The athleticism and accomplishments are not easily understood by the general public.

Why should we care and why am I writing this opinion piece? Because it matters. It matters from the larger view that goes beyond any of us and our horses. Who knows where the future pools of talent lie for the continuation of our sport – for the Olympics, for Young Riders, for Regional and National competitions, for international competition? If we are not ambassadors for our sport, then who should be? When we enter recognized shows, we enter a public forum. Whether we want to be or not, whether we like it or not, we become ambassadors for our sport.

The general public is not well informed about our sport. Most people I meet have never heard of it. People I meet on my travels throughout the U.S. ask me what I do with my horse, and I answer “dressage”. The response is, “Oh, like Mitt Romney’s wife!” I have actually quit using the “d” word because of the general public’s reaction. It is perceived as an “elite sport” and/or a “sport for elitists.”

It is not a team sport and nothing we do as riders engages us as a team. It is somewhat of a solitary endeavor; beyond your coach/ trainer and horse, there is no need to interact with anyone. Schooling in your home barn does not require any outreach or friendly engagement. Time spent in the barn and practice is all about you and your horse. However, when we enlist in shows, everything becomes a public statistic – who was your horse’s

father, what is the age of your horse, scores you receive are posted on the internet, and so on. We are a public representation of the sport of dressage. While I realize there is a certain level of performance angst or stress at shows, there is also a lot of down time between the scheduled rides.

What responsibility does each of us have to be kind to someone who may be at their first show, or a rider doing his first test ever, or an interested person who wants to learn more? The least expensive thing we can do in this sport is smile or answer a simple question. As ambassadors, we ought to encourage people to become interested and support our sport at local, national and international levels. Many of the riders representing the U.S. are dependent on grants, family support, crowd-sourcing, fund raising and other means to reach the highest levels and go to the Olympics or Pan American Games. Why not generate interest through outreach at shows with a friendly smile or kind word? You may inspire the future of the sport.



The author aboard Cinnamon at the 2016
CLD IceBreaker (photo by Judy Nordstrom)

Classic I & II High Point Results

Show Awards

Cheryl Finke Freestyle Award

FHF Pequin, owned by Leslie Walden and ridden by Korin Rinaldo, First Level, 76.000%

Bandana Award for Non-Traditional Dressage Breeds

Silk TDA, owned by Dale & Donna Andrew and ridden by Jessica Gould, with a 70.2275% average

Jim Kuhn Junior/Young Rider Award

Piper Long, Training 3, 74.091% riding FHF Ivory, owned by Jennifer Kaiser

USDF Benefit Classic I

Won Wolfe, owned by Marsha Harshmann and ridden by Rachel Hill-Jordan, T-3, 70.227%

USDF Benefit Classic II

Willemina, owned and ridden by Paula Briney, PSG, 59.737%

Dover Classic I

Kayla Smith, riding her own Sundara BFA, 2-3, 66.220%

Dover Classic II

Kayla Smith, riding her own Sundara BFA, 2-3, 67.317%

Dressage Foundation

Rapson, owned by Colleen Rull and ridden by Martin Kuhn, 3-3, 70.897%

Breed High Points

Dutch Warmblood for Classic I

Frazier, owned and ridden by Jodi Lemkemann, Training Level, 67.273%

Dutch Warmblood for Classic II

Esteban, owned and ridden by Judith Nordstrom, First Level, 74.265%

Hanoverian High Point

Rapson, owned by Colleen Rull and ridden by Martin Kuhn, Third Level, 69.872%

Oldenburg High Point

Baxter CCF, owned and ridden by Lisa LaConte, Training Level, 71.591%

Arabian High Point

ASR Fadls Willie, owned and ridden by Marilyn Weber, Training Level, 70.227%

Half-Arabian High Point

Silk TDA, owned by Dale & Donna Andrew and ridden by Jessica Gould, Training Level, 72.955%

Saddlebred High Point

New York By Storm, owned and ridden Susan Rosse, First Level, 64.531%

Swedish Warmblood for Classic I & II

Bayroness VDH, owned and ridden by Jackie Jackson, Training Level, 68.864% and 72.778%

Level Awards

Training Level

Baroque, owned and ridden by Paige Schlicksup, with a 72.0485% average

First Level

Esteban, owned and ridden by Judith Nordstrom, with a 70.556% average

Second Level

Sundara BFA, owned by ridden by Kayla Smith, with a 66.7685% average

Third Level

Rapson, owned by Colleen Rull and ridden by Martin Kuhn, with a 70.3845% average

Classic I & II Results

Level Awards (continued)

Fourth Level

Scarlett, owned and ridden by Patti Blackmore, with a 69.111% average

Prix St. George

Chambord, owned by Denis Kerasotas and ridden by Paula Briney, 65.658%

Intermediate 1

Allegro, owned and ridden by Ruth Hill-Schorsch, 66.711%

Intermediate 2

Richthofen 7, owned by Judy Ethell and ridden by Kathryn Fleming-Kuhn, 68.026%

Grand Prix

Paddington, owned by Leslie Burket and ridden by Martin Kuhn, 65.500%

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RESULTS](http://CENTERLINEDRESSAGE.COM/RESULTS)

CLD Education Days - Lilo Fore Clinic from an Auditor

by Claudia Nissley

CLD created a rare and wonderful opportunity by having the foresight to request Lilo Fore to judge at the CLD Classic I and II shows in Springfield, IL and to hold a two-day clinic afterwards at StarWest facilities. For the riders and auditors, the four-day immersion into Lilo Fore's classic training and judging expertise offered an inside look at one of the world's highest ranked international dressage judges.

As a FEI 5* Judge, Lilo Fore is one of a total of 31 global dressage judges. She has judged at the Pan American Games, World Equestrian Games, and Olympic Games. She is also a FEI "C" Judge for Para-Equestrians and USEF "R" Judge for sport horses. As a master horsewoman, she attributes her success and accomplishments to being, "fair, honest and a good colleague." Her classical dressage background becomes clear as she repeats throughout the clinic, "there are no tricks."

Every clinician has her own analogies and accompanying language to illustrate her points. Owning a fire-engine red Z3BMW, Lilo used a car analogy throughout the clinic. For illustration of one of her key points, adjustability, she likened it to putting the gas pedal on and off. For example, in the canter, make it smaller, then bigger, then smaller, then bigger and so on to achieve adjustability. For illustration of engagement, Lilo stated the horse cannot be moved without the engine running. Therefore, keep the engine on with your legs, and your seat shifts the gears.

The clinic was well balanced with a total of eight riders; four adult amateurs and four professional trainers. Lilo's instructions and comments were consistent among all riders of different levels. She could, and did, inform riders at any time during their ride what the numeric rating would be if they were riding in a test. If it was a lower score, she



CLD Education Days - Lilo Fore Clinic from an Auditor

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immediately would direct the rider into an exercise that would improve the score.

Her consistency in her training comes from over 40 years of judging and an extremely keen eye. She has a fantastic memory of horses even though she has judged thousands. She also said she doesn't look at the riders, just the horses. With her experience she knows what the rider is doing by watching the horse. Her comments were balanced in the remarks of what the rider did well, the positive characteristics of the horse and when there were weaknesses or incorrect riding.

(For a better understanding of a judge's perspective, take a look at Wolfgang Niggli's book, *Dressage, A Guideline for Riders and Judges*, 2003, J. A. Allen, London. It clearly explains what the judge looks for and the rider's responsibilities. The illustrations precisely describe what is and is not correct.)

One exercise Lilo used for almost all of the riders conveyed the concept of adjustability. The rider rode down the long side in canter that went from



Deb Klamen on Westerstorm

smaller to bigger then smaller and so on, then a five meter half circle at one end, then down the quarter line adjusting the pace back and forth again, then another five meter half circle back to the long side. This sequence was repeated multiple times until improvement was demonstrated. As the five meter circle was small, many of the upper level horses in the beginning attempted to perform a half pirouette. It is a difficult exercise, however it achieved the desired results for the horse and rider.

Lilo seized upon a quote from a Navy Seal that Martin Kuhn had shared with her in the morning: Discipline equals Freedom. She expanded on the concept and applied it to dressage; Discipline is straightness with supple hind legs. She was using this to describe to a rider to tell the horse what is required of him, then to relax and allow the movement to happen. Throughout the two days of instruction, Lilo said many memorable quotes. A few of them follow, allow yourself to think about her words and use them in your future training:



Lynn Gregory on Chanel

CLD Education Days - Lilo Fore Clinic from an Auditor

... continued

"Shoulder-in is the mother of all lateral movements."

"Every down transition is really an up transition."

"The length of the reins is the length of the frame."

"Less action, NOT no action."

"The rider is always training when riding."



(from L to R; top to bottom)

Judy Nordstrom & Esteban

Martin Kuhn & Washburn SW
Pat McVary & Aureo

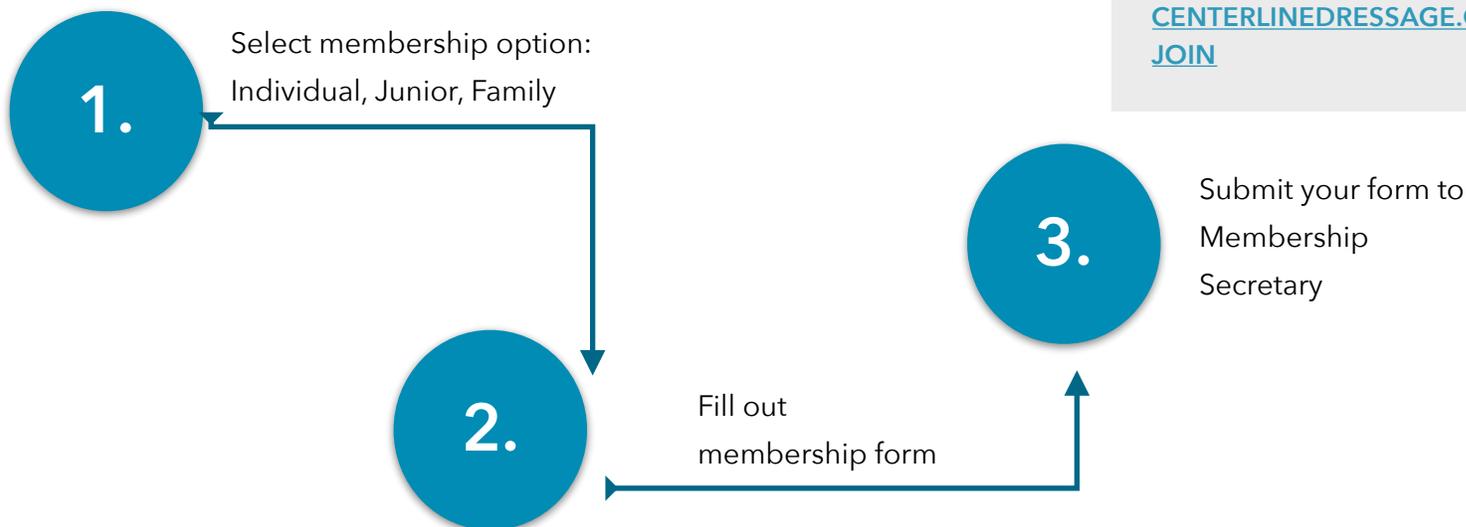
Paula Briney & Denis Kerasotes'
Chambord

Kate Fleming-Kuhn & Judy
Ethell's Richthofen 7

Martin Kuhn & Leslie Burket's
Paddington

more pictures online at
centerlinedressage.com/lilo

CLD Membership Renewals & Nominations Due!



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CenterLine Dressage

Items for publication or inclusion in the READER should be received by the editor by the 1st of the month. Items for THE READER, activity forms, ads, etc should be sent with a check for the charges, if any, to:

THE READER
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